

Chair Yoga



Beginners are Welcome!
Classes fill up quickly; first come,
first serve basis!

Chair Yoga is perfect for Seniors with physical challenges who find it difficult to get on and off the floor as required in a traditional Mat Yoga class. Chair Yoga uses postures, chosen to aid mature bodies to protect joints, strengthen balance and increase range of motion. It includes many of the traditional yoga exercises including deep breathing.

When: Wednesday

Time: 10:30am

**Location: Three Bridges Reformed Church
Three Bridges, NJ**

When: Thursday

Time: 10:45am

Location: Senior Center, Flemington, NJ

Registration is required. No charge. No prior experience necessary!

To receive an invitation email, meeting login credentials and any further instructions; please email your registration request: elangeveld@co.hunterdon.nj.us or call (908) 284-6128.

**Open to Hunterdon County residents age 60 and over who are
enrolled members of the Senior Center.**

**Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services
- Senior Fitness Programs**