

Gentle Chair Yoga Class

Suitable for seniors and those who have never done yoga



This class will emphasize

- Strengthening
- Balance
- Flexibility
- Relaxation

Mondays — 2 classes. NEW DAY STARTING SEPT 11

9:30 am-10:30 am *or* 11:00 am-12:00 pm

Free classes with instructor Amy Brandley

Wear loose, comfortable clothing.

Bring a mat if you have one (or borrow one of ours).

El Reno Carnegie Library ♦ 215 E Wade St, El Reno ♦ 262-2409