



Chair Yoga

A yoga class for adults, especially those who have difficulty getting on and off the floor. Class includes both seated and standing stretching and yoga movements. Meditation and stress reduction techniques are utilized. There is a focus on flexibility, strength and balance. Participants should wear comfortable clothing. The class is taught by Mary Capozzi, a certified Kripalu Yoga instructor, who has been teaching yoga over 25 years.

LOCATION: Victor Recreation Center, 7891 Lehigh Crossing

AGES: 18 yrs. and over

FEE: \$50/\$60 non-residents

DAY / TIME: Thursdays 3-4 pm

SESSION I: (7 classes) 9/7/23 – 10/19/23

SESSION II: (7 classes) 10/26/23 – 12/14/23, no 11/23

PROGRAM #

MC923CY

MC1023CY

(This class was inadvertently left out of the P&R Fall Activity Guide)