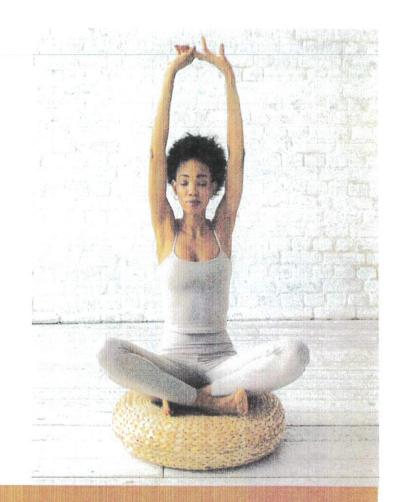
THE RECREATION COMMISSION

CHAIR YOGA CLASS

Building Two, Community Room at the Meadows





Join us for our Chair Yoga Class, a welcoming and inclusive environment perfect for beginners and those looking to deepen their practice.

MARCH 6 - APRIL 10 WEDNESDAY'S AT 9 AM • 27 BROWN RD. HAMPTON FALLS NH

WHY CHOOSE OUR CLASS:

- Suitable for Beginner
- Enhance Flexibility and Strength
- Calm Your Mind
- Improve Posture and Balance

\$6/ SESSION

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