



Fitness Fridays

CHAIR YOGA



Fridays @ 1:30 p.m.

January 31 - February 21

Adults, 50+

Yoga in a chair? Yes! You don't need to get down on the floor to experience the benefits of yoga. This class will include both seated postures and standing postures, using a chair for support. Students should bring a yoga mat to place under the chair. A yoga strap is optional, but recommended. All fitness levels welcome!

Registration is Required

Sponsored by Alice Askew

Individuals in need of an accommodation may contact the ADA Coordinator at access@buffalolib.org within 7 days of the program.



(716) 652-4440
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Aurora Town Public Library, 550 Main Street, East Aurora, NY 14052