

Chair Yoga

You have nothing to lose and so much to gain! You will benefit from this program in so many ways...

Yoga encourages proper breathing, good posture and better balance. It also increases flexibility, strength and circulation.

Location: Hampton Bays Senior Center w/ Beth

Date: Tuesdays

Time: 10:30-11:30am

Location: Bridgehampton Senior Center w/ video

Date: Thursdays

Time: 10:15-11:15am

Location: Flanders Senior Center w/ video

Date: Mondays

Time: 10:30-11:30am

