



# Chair Yoga Class

**OPEN FOR ALL ADULTS  
& YOGA LEVELS**

**1:45 PM - 2:45 PM**

**TUESDAYS THROUGH 12/16/25**

**NO CLASS ON 10/7 & 11/11**

**THERE IS NO FEE FOR THIS CLASS.**

**COMMUNITY ROOM @ TOWN HALL  
FOR MORE INFORMATION  
[KMETCALF@TUXEDOGOV.ORG](mailto:KMETCALF@TUXEDOGOV.ORG)**