

MIDLAND PARK MEMORIAL LIBRARY

JOIN US FOR CHAIR YOGA IN THE COMMUNITY ROOM.
REGISTRATION IS REQUIRED!

Wednesdays @
10:15



INSTRUCTOR
Abby Denny

Chair Yoga Class

CLASS WILL BE HELD IN THE COMMUNITY ROOM. PLEASE BRING A
MAT TO PUT UNDER YOUR CHAIR.

\$10 DONATION PER CLASS IS SUGGESTED
TO BE GIVEN TO THE INSTRUCTOR

Please call 201-444-2390 or email MIPKCIRC@bccls.org to
register.

www.midlandparklibrary.org