

Chair Yoga with Julie

Event Date

Thu, May 23 2024, 11am - 12pm

Weekly on Tuesday and Thursday at 11:00am

Recent

- Tue, May 21 2024, 11am - 12pm

Upcoming

- Tue, May 28 2024, 11am - 12pm
- Thu, May 30 2024, 11am - 12pm
- Tue, Jun 4 2024, 11am - 12pm
- Thu, Jun 6 2024, 11am - 12pm
- Tue, Jun 11 2024, 11am - 12pm
- Thu, Jun 13 2024, 11am - 12pm
- Tue, Jun 18 2024, 11am - 12pm

CHAIR YOGA WITH JULIE

Join us for fun and flexibility.

All ages and levels welcome.

Tuesdays and Thursdays from 11:00 am - 12:00 pm.

Zoom or in person at the Mountain Park Community Building.

RSVP when possible, by calling Julie at 404.434.4030

Chairs are provided.

Bring your own yoga mat.

Provided by donations from participants.



Directions

Address

100 Lakeshore Drive
Mountain Park , GA 30075
United States

[View in Google Maps](#)

**34.082814739366, -
84.415876865387**