

# Chair Yoga

**2 SPECIALTY TRIAL CLASSES  
WITH JAYNE IN MARCH**

**WEDNESDAYS AT 11AM**

**MARCH 11 & 25 ONLY**

If you have shied away from traditional Yoga because you feel intimidated by the postures you see on the floor - this class is perfect for you! Jayne will lead you through this gentle, 60 minute class using a chair as an aid to make poses more accessible.



**THESE 2 CLASSES ARE FREE TO ALL MEMBERS  
AS WE HOPE TO BRING THEM TO YOU AS A  
REGULAR SERIES.**

**PLEASE SIGN UP ON YOUR MEMBER PORTAL**

SIGN UP AND GET MORE INFO  
AT [MIDCAPEATHLETIC.COM](http://MIDCAPEATHLETIC.COM)

