



Maxville

CHAIR YOGA

with Kathy McLennan

CHAIR YOGA IS A GENTLE FORM OF YOGA DESIGNED FOR INDIVIDUALS WHO PREFER OR REQUIRE SEATED SUPPORT DURING THEIR PRACTICE. THIS CLASS FOCUSES ON IMPROVING FLEXIBILITY, STRENGTH, BALANCE, AND RELAXATION—ALL WHILE USING A CHAIR AS A PROP FOR STABILITY AND COMFORT.

Registration Open! Now

\$45.00 INCLUDES HST & 9 SESSIONS

**FRIDAY'S | 11:00AM-12:00PM
JANUARY 16 – MARCH 13, 2026
MAXVILLE SPORTS COMPLEX (25
FAIR STREET, MAXVILLE, ON)**

Register here or at the
Tim Horton's Dome:



(613) 525-0614



CSADMIN@NORTHGLENGARRY.CA

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GLENGARRY
NORD

*Ontario's Celtic Heartland
Le centre celtique de l'Ontario*



Maxville Chair Yoga

CLASS SCHEDULE - WINTER 2026

Fri Jan 16, 2026- 11:00AM - 12:00PM
Fri Jan 23, 2026- 11:00AM - 12:00PM
Fri Jan 30, 2026- 11:00AM - 12:00PM
Fri Feb 6, 2026- 11:00AM - 12:00PM
Fri Feb 13, 2026- 11:00AM - 12:00PM
Fri Feb 20, 2026- 11:00AM - 12:00PM
Fri Feb 27, 2026- 11:00AM - 12:00PM
Fri Mar 6, 2026- 11:00AM - 12:00PM
Fri Mar 13, 2026- 11:00AM - 12:00PM

CLASSES PROVIDED BY:

Kathy McLennan



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