



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**

[WWW.NORTHGLENGARRY.CA](http://WWW.NORTHGLENGARRY.CA)



# 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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