

CHAIR-YOGA IMPORTANT UPDATE!

FROM MAY 13th – JULY 1st, 2026*
Arida will be covering the classes

WEDNESDAY TIME CHANGE: 11:00 am
Friday will still be at 10:00 am

PLEASE NOTE: There will be no class on
FRIDAY JULY 3rd

SANDRA WILL RETURN TO TEACH ON
WEDNESDAY JULY 8th

- *You can still use your class pack*
- *Renew by cheque by Wed May 6th*
(my last class before I leave)
- *Your package price will be honored!*
- *Pay cash per class or renew your class-pack with cash*
 - **No cheques during this period please*

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