

Robin Goettel's Chair Yoga Classes on Zoom and In Person

Robin's Chair Yoga on Zoom

Tuesdays from 9:30-10:20 a.m.

First class, free; Then, \$7/class [NOTE: Nov 9 class is half-standing; half-seated.]

Please sign in at 9:25 a.m. [NOTE: In Nov, there will only be class on Nov 9 and 30.]

Sign in on Zoom using this link:

<https://illinois.zoom.us/j/97876764239?pwd=QjZCMzE1TDZUTTU3bjNINEdPVnJ5Zz09>

Or type in this info: Meeting ID: 978 7676 4239 Password: 008275

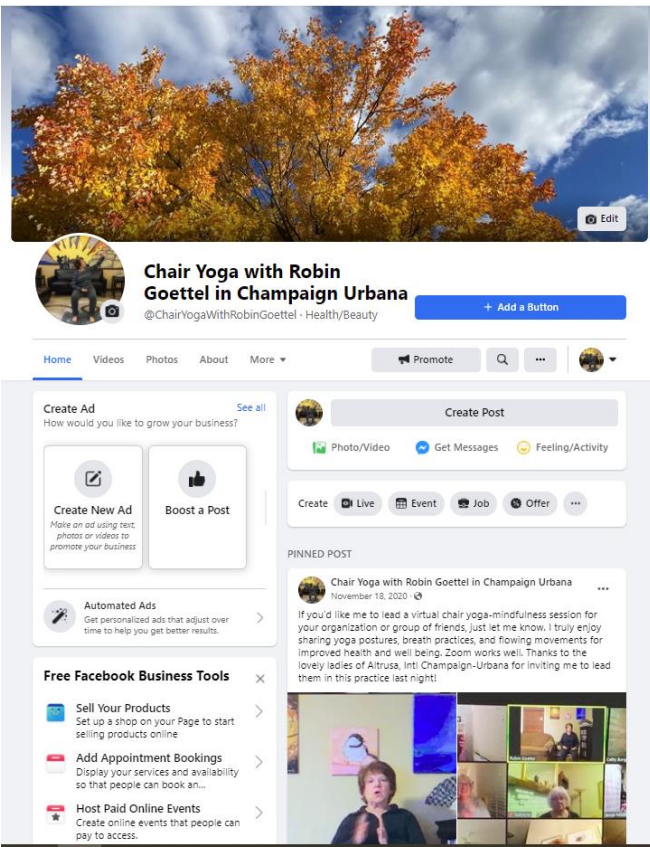
Robin's Chair Yoga, In Person

Tuesdays and Fridays at 11:00, Clark-Lindsey Village, Urbana

Public Fitness Memberships, including all fitness classes and their pool, available at \$42 per month for individuals or \$65 per month for couples. Call (217) 344-2144 for information.

Wednesdays at 10:15, Urbana Park District, Phillips Center

Register for "Get Fit Where You Sit!" Chair Yoga by calling 217-367-1544 and ask for prices and the next session of classes.



Please visit my "Chair Yoga with Robin Goettel in Champaign-Urbana" Facebook Page to keep updated on my local chair yoga events.

Note you do not have to be a Facebook user; you can simply click on the link below the picture.

If you have additional questions, Email: robinfans1@gmail.com

<https://www.facebook.com/ChairYogaWithRobinGoettel>