

IROQUOIS



CHAIR FITNESS

**Fridays, August 12 & 26 at
10:30a**

**Iroquois Community Room
Registration Required**



Get fit while you sit! Join Iroquois Library's Jessica Stefano for a 30-minute low impact seated stretch, breathing, and fitness class that will help strengthen your mind and your body. Though this program is designed for seniors, all are welcome.

Free, Limit 12 patrons. Registration required. Contact the library at 814-451-7082 or erielibrary.org.

Thank you to the Friends of the Library
for making this event possible.



ERIE
COUNTY

PUBLIC LIBRARY

IROQUOIS

4212 Iroquois Ave. | Erie, PA 16511 | (814) 451-7082 | ErieLibrary.org