

IROQUOIS



CHAIR FITNESS



Fridays, Jan. 6, 13, 20 & 27

Feb. 3, 10, 17 & 24

Mar. 3, 10, 17, 24 & 31 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



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