

Mono County Social Services
Antelope Valley Senior Center



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Chair Yoga April Class Schedule

Tuesday, 4/2 NO YOGA CLASS TODAY!

Tuesday, 4/9 10:30-11:30am

Tuesday, 4/16 10:30-11:30am

Tuesday, 4/23 10:30-11:30am

Tuesday, 4/30 10:30-11:30am



**Classes are free and are held at the
Community Center**

**~If you have any questions please call
Pat Espinosa (530) 495-2323~**

