



David Landsberger Family YMCA
April 9th - April 15th

6395 Maddox Blvd
Chincoteague Island, VA
23336
757.336.6266

	THU 9	FRI 10	SAT 11	SUN 12	MON 13	TUE 14	WED 15
10am			Vinyasa Yoga Group Exercise Studio Mackenzie Frankenberg 10:15am - 11:30am				
3pm	Chair Yoga Group Exercise Studio Chuck Parvis 3pm - 3:30pm				Chair Yoga Group Exercise Studio Chuck Parvis 3pm - 3:30pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.