



Savannah-Chatham County Area

Chair and Mat Community Yoga classes. Inspired by Spry Mind+Body Yoga.

Classes as of February 13, 2023. Information subject to change.

Yoga for balance, flexibility, strength and stability.

Most classes require participants to provide their own yoga mat, block and strap. Some locations have space limitations.

Sunday

Chair Yoga Sunday Via Zoom at 2:00pm (EST).

Contact jennifer@lowcountrypoweryoga.com for additional information.

Monday

Chair-Mat Yoga Monday Via Zoom at 2:00pm (EST).

Contacts yoga.franessa@yahoo.com for additional information.

Chair Yoga Bryan County. In-person at 10:00am. 1st/3rd Monday of the month. Contacts yoga.franessa@yahoo.com for additional information.
Physical Location: Wetlands Center, JF Gregory Park, 520 Cedar St. Richmond Hill, GA 31324.

Tuesday

Yoga @ the Library. In-person. **Mat Yoga** at 11:00am. **Chair Yoga** at 12:30pm. Contact kath.johnson@gmail.com for additional information.
Physical Location: SW Branch, Savannah Mall, 14097 Abercorn St, Savannah, GA 31419

Chair based **Yoga for Adults with Intellectual Disabilities.** via Zoom at 11:45am (EST). 2nd/4th Tuesday of the month.
Contacts: yoga.franessa@yahoo.com

***Chair Yoga.** In-person. Lake Mayer Community Building in Sav'h.
12:30pm - 1:15pm. Call (912) 660-6002 for additional information.

***Chair-Mat Yoga.** In-person. Lake Mayer Community Building in Sav'h.
3:30-4:15pm. Call (912) 660-6002 for additional information.

Wednesday

Chair Yoga. In-Person. Crusader Golden Age Community Center.
10am-10:45am. 1st/3rd Wednesday of the month.

Contacts yoga.franessa@yahoo.com for additional information.
Center Membership required. Physical Location: 81 Coffee Bluff Villa Road, Savannah 31419

***Mat Yoga.** In-person. Frank G Murray Center (FGMC), Wilmington Island. 9:45am - 10:45am. Call (912) 898-3320 for additional information.

***Chair-Mat Yoga.** In-person. Lake Mayer Community Building in Sav'h.
11:30am - 12:15pm. Call (912) 66-6002 for additional information.

Thursday

Chair Yoga Thursday. Via Zoom at 2:00pm (EST).
Contacts yoga.franessa@yahoo.com for additional information.

Chair Yoga @ Island YMCA @ 1:15pm. In-Person. 204 5th Street, Tybee Island, GA 31328. YMCA Membership necessary

Chair Yoga. In-person. Salvation Army Savannah (Bee Road) at 2pm.
Phone: (912) 352-7584. Salvation Army Membership necessary

Friday

***Chair-Mat Yoga.** In-person. Frank G Murray Center (FGMC), Wilmington Island. 9:45am - 10:30am. Call (912) 898-3320 for additional information.

***Chair Yoga.** In-person. Frank G Murray Center (FGMC), Wilmington Island. 11:00am-11:45am. Call (912) 898-3320 for additional information.