



LIFE IS BRIGHTER AT THE
**MONTAUK
LIBRARY**

871 Montauk Hwy
Montauk, NY 11954
631.668.3377
montauklibrary.org

FITNESS SCHEDULE

MONDAYS

9:00 AM | TAI CHI WITH SUSAN

Practice the art of Tai Chi to help increase your flexibility, improve balance and discover deep relaxation.

11:30 AM | GENTLE CHAIR YOGA WITH LEAH

Join Leah for a carefully sequenced and beautifully led class that is led with delicate instruction.

TUESDAYS

9:30 AM | MUSIC, MOVEMENT & MINDFULNESS WITH LYDIA

Let gentle music and purposeful movement help lead you into personal meditation.

WEDNESDAYS

9:30 AM | GENTLE CHAIR YOGA WITH ALINI

Join Alini as she links gentle breathing, movement and core strengthening taught with lighthearted instruction.

THURSDAYS

9:30 AM | YOGA BASICS WITH JOY

Join Joy to help soothe and rejuvenate your mind , body and spirit.

FRIDAYS

1:00 PM | GENTLE CHAIR YOGA WITH ALINI

Join Alini as she links gentle breathing, movement and core strengthening taught with lighthearted instruction.

REGISTRATION REQUIRED

Call the library for last minute changes or cancellations