

# CHAIR YOGA CLASS



- 📍 Age-Friendly Teaneck Community Center  
1425 Teaneck Rd, Teaneck
- 📅 Tuesday, March 25, 2025
- 🕒 1:30 pm

Please wear comfortable, loose clothes!  
Be sure to bring water and hydrate.

Led By  
EJ Vizzi



Please register as space is limited.  
RSVP by calling 201-530-6756 or  
emailing [info@agefriendlyteaneck.org](mailto:info@agefriendlyteaneck.org)  
and put "Chair Yoga" in the subject line

Parking is available at the  
municipal lot on 1391 Teaneck Rd