

Yoga Classes

Stockbridge Town Hall

Mondays and Thursdays: 4:00 - 5:00 p.m.

Yoga with Crystal ~ in the Gym

~~~~~

*Every Wednesday: 10:00 a.m.*

*Yoga for Balance with Antoinette ~ in the Gym*



## Heaton Court

*Mondays at 10 a.m.*

*Yoga with Antoinette*



Senior Center  
Town of Stockbridge  
50 Main Street PO Box 1496  
Stockbridge, MA 01262  
413-298-4170 ext. 250