

## Chair Yoga Classes

### ***Bourne:***

- No Chair Yoga

### ***Fairhaven:***

#### FCOA

- **Monday** 10:15 – 11:15 AM
- **Thursday** 10:15 – 11:15 AM
- Address: 229 Huttleson Ave
  - o Near Stop & Shop
- Cost: \$3 donation

### ***Marion:***

#### MCOA

- **Monday** 10:15 – 11:15
- Address: 465 Mill St  
Marion Community Center  
Across from Dunkin Donuts  
On Rte 6
- Cost: Free

### ***Mattapoisett***

#### MCOA

- **Friday** 11:15AM – 12:15 PM
- Address: 17 Barstow ST
- Cost: unknown

### ***Anchor Yoga***

- **Thursday** 1 – 2 PM
- Address: 76 County Rd
- Cost: \$5

### ***Rochester***

#### RCOA

- **Monday** 1:00 – 2:00 PM
- Address: 67 Dexter LN
- Cost: \$3 donation

### ***Wareham:***

#### Gleason Family YMCA

- **Tuesday** 2 – 3PM
- **Wednesday** 11-noon
- Address: 33 Charge Pond Rd
- Cost: YMCA membership or visitor fee

#### WCOA

- **Thursdays** 1-2 PM
- Address: 48 Marion Rd
  - o At the Multiservice Center  
across parking lot from  
Town Hall
- Cost: \$3 donation or YMCA  
Membership

“COA” = Council On Aging