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To register and see hours of operation

BCSCREC.COM



v. 072026

Chair Yoga

Register ages 18+ in Bluffton

**Gentle movement. Greater confidence.
A body that feels more like home.**

You don't have to get down on the floor to enjoy the benefits of yoga. You don't have to be flexible. And you certainly don't have to "be in shape."

Using a sturdy chair for support, this gentle class makes yoga more accessible while helping you build strength, improve flexibility, and move with greater confidence—all at a pace that feels right for you.

The hardest part is often walking through the door. After that, we'll guide you every step—and every stretch—of the way. Come discover how gentle movement, supportive instruction, and a caring community can help you feel stronger, steadier, and more at ease in your body.

Bluffton Rec Center

Tuesdays | 11:15am-12:15pm

9/8, 9/15, 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/17, 12/1

Questions? Email Patty Kleban at patty.kleban@gmail.com

BLUFFTON RECREATION CENTER 843-255-6770

Shortcut to
registration 

