

YOGA/EXERCISE OPPORTUNITIES

1. Gentle Yoga at Sweetwood in Williamstown. Yoga for arthritis, injuries & anti-aging. Instructor Sonya Boesse leads classes and has done so for 7 years. All ages & levels welcome; 10-11 a.m. Fridays in the Greylock Room. Open to the public & free. Just show up & bring a yoga mat. 1611 Cold Spring Road, Williamstown (413)458-8371
2. Williamstown COA, Harper Center, Exercise activities- M older people, chair based, less impact; WF- yoga/tai-chi with weights, running, more rigorous; No charge, don't need to call ahead, MW yoga is really big so expect a crowd, bring your own yoga mat. The Harper Center, 118 Church St, Williamstown, (413)458-8250

FYI: On Mondays the Berkshire Eagle contains a listing of Senior Services offered at the Williamstown location.