

Yoga Classes

Want to feel better, have more strength and flexibility? Come join us at LIFTT for our Yoga classes. Friendly, non-judgmental environment.



Decide which class will best work for you.

Chair Yoga – Tuesdays from 2:00 to 2:45 pm
Beginning May 2nd

Standing Yoga – Fridays from 2:00 to 3:00 pm
Beginning May 5th

Where: LIFTT
1201 Grand Ave Suite 1
Billings, MT 59102

For more information or to sign up contact:
Melissa H. @ 294-5208 or melissah@liftt.org
Classes are at no cost. Yoga mats will be provided.