

# Yoga

## Age Requirements

16-21

## Family

No

## Intake Process

Visit the website or call the office for information and membership options.

## Provider Refer

Yes

## Report Problems

Call the Agency

## Self Refer

Yes

Midlothian Athletic Club (MAC)

<http://www.macrichmond.com>

<https://www.facebook.com/macrichmond/>

## Main

(804) 330-2222

10800 Center View Drive

23235 VA

United States

Monday: 6:00 am-8:00 pm

Tuesday: 6:00 am-8:00 pm

Wednesday: 6:00 am-8:00 pm

Thursday: 6:00 am-8:00 pm

Friday: 6:00 am-8:00 pm

Saturday: 7:00 am-6:30 pm

Sunday: 7:00 am-6:30 pm

## Additional Availability Comments

Membership hours are Monday – Friday, 9 am-6 pm and Saturday and Sunday, 10 am – 4 pm.

## Fee Structure

Fixed Fee

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Membership Fee  
Payment Method(s)  
Private Pay  
Languages Spoken  
English

Midlothian Athletic Club (MAC) offers yoga classes. Yoga classes are free to members and are offered several days a week.

Chair Yoga is a gentle yoga class that is practiced sitting in a chair or standing using a chair for support. The modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to supine positions. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. Chair yoga can improve muscle tone, benefit breathing habits, reduce stress, and more.

Call for other yoga classes.

Service Area(s)  
Chesterfield County  
,  
Henrico County  
,  
Powhatan County  
,  
Richmond City