



Stretch...Relax...Breathe....

Hanover Township Recreation offers a variety of Yoga classes to relax your mind...body... and spirit.

Instructor Mary Poole leads the classes.

## Yoga on the Ball

6 Sessions  
\$65.00

A fusion of the ultimate mind/body practice of Yoga and ball work, this practice will give you the flexibility and strength that result from Yoga and the core stabilizing and balancing qualities that result from working with the stability ball.

***ALL PARTICIPANTS MUST BRING THEIR OWN BALL AND MAT  
(Recommended ball size is 81")***

Tuesday evenings: November 7, 14, 21, 28, December 5 and 12, 2017  
From 6:15 p.m. – 7:15 p.m.

**IMPORTANT: NOTE:** In order to avoid delaying the start of the next session of Yoga on the Ball, classes being held on November 7 and 14 will be held at Monroe Hall, 324 Whippany Road. All other classes will be held at the Community Center.



Registration is now open.

**PRE-REGISTRATION IS REQUIRED**

Register in person at Hanover Township Community Center.  
15 North Jefferson Road, Whippany, NJ 07981

Or online at

<https://register.communitypass.net/HanoverTownship>

Phone: (973) 428-2463 Activity Line: 973-887-7870

stretch, tone, and have a BALL