



Stretch...Relax...Breathe....
Relax your mind...body... and spirit.

Instructor Mary Poole leads the class.

Chair Yoga

Now being offered at 2 locations...



FRIDAYS at Hanover Township Community Center

15 N. Jefferson Road, Whippany

Fridays: November 10, 11, 17, December 1, 8, 15, and 22, 2017
(no class November 24th)

Time: 10:15 a.m. – 11:00 a.m.

6 Sessions: \$40.00

MONDAYS at Monroe Hall

324 Whippany Road, Whippany

Mondays: November 13, 20, 27, December 4, 11, and 18, 2017)

Time: 10:15 a.m. – 11:15 a.m.

6 Sessions: \$40.00

A Great Value!

Classes are offered as separate sessions and are not interchangeable.

Registration is now open
PRE-REGISTRATION IS REQUIRED
Register in person at Hanover Township Community Center.
Or online at <https://register.communitypass.net/HanoverTownship>

Phone: (973) 428-2463 Activity Line: 973-887-787

NOTE: Although not required, a yoga mat is recommended.

