



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

Instructor Mary Poole leads the class.

Chair Yoga

Hanover Township Community Center
15 N. Jefferson Road, Whippany



FRIDAYS

15 N. Jefferson Road, Whippany

Fridays: February 16, 23, March 2, 9, 16 and 23, 2018
Time: 10:15 a.m. – 11:00 a.m.
6 Sessions: \$40.00

MONDAYS

Mondays: March 5, 12, 19, 26, April 2 and 9, 2018
Time: 10:15 a.m. – 11:15 a.m.
6 Sessions: \$40.00

(an additional 10% "out of town fee" will be collected for registrants residing out of Hanover Township.)

A Great Value!

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

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

