



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

Tuesday evenings: February 13, 20, 27, March 6, 13 and 20, 2018
From 6:15 p.m. – 7:15 p.m.

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.

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

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



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 !

