



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

Stretch and tone and have a BALL!



6 Sessions
\$65.00
6:15 p.m. – 7:15 p.m.

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

**Tuesday evenings: November 1, 15, 22, 29, Dec. 6 and 13, 2016
(no class on November 8th)**

CHAIR YOGA



6 Sessions
\$40.00 – A Great Value!
10:15 a.m. – 11:00 a.m.

One of the gentlest forms of Yoga to achieve physical and mental fitness.

Friday mornings: October 28, Nov. 4, 11, 18, Dec. 2 and 9, 2016

Registration is now open for all sessions.
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

