



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: April 6, 13, 20, 27, May 4 and 11, 2018

Time: 10:15 a.m. – 11:00 a.m.

6 Sessions: \$40.00

MONDAYS

Mondays: April 16, 23, 30, May 7, 14, and 21, 2018

Time: 10:15 a.m. – 11:00 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

