



# CHAIR YOGA

PRESENTED BY THE CAMDEN COUNTY BOARD OF FREEHOLDERS

This class is designed to bring yoga to your day - come as you are & utilize some of your time to maintain health & revitalize your body systems

Yoga develops a union connecting body, mind & breath...  
...in essence, it's a whole body tune-up!

This class is suitable for all experience levels

Classes are one hour long - 11:00 am to 12:00 pm and 1:00 pm to 2:00 pm in the respective towns

**\* CLASS SIZE IS LIMITED SO PLEASE REGISTER EARLY! \***

To register for Cherry Hill classes, please call  
(856) 488-7868 or by e-mail, [recreation@chtownship.com](mailto:recreation@chtownship.com)

To register for Gloucester Township classes, contact Diane Jones by phone,  
(856) 435-5734 or e-mail, [recdept@glotwp.com](mailto:recdept@glotwp.com)

**SEPTEMBER 7: 11AM-12PM**

Gloucester Twp. Rec. Center,  
80 Broad Acres Drive (next to Cherrywood  
development), Blackwood, NJ 08012

**OCTOBER 5, 19: 11AM-12PM**

Gloucester Twp. Rec. Center,  
80 Broad Acres Drive (next to Cherrywood  
development), Blackwood, NJ 08012

**NOVEMBER 9, 23: 11AM-12PM**

Gloucester Twp. Rec. Center,  
80 Broad Acres Drive (next to Cherrywood  
development), Blackwood, NJ 08012

**SEPTEMBER 7: 1PM-2PM**

Cherry Hill Municipal Bldg.,  
820 Mercer Street (2nd Fl. Council Chambers),  
Cherry Hill, NJ 08002

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