



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

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

MARCH 8, 22: 11AM-12PM

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

MARCH 8, 22: 1PM-2PM

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

APRIL 5, 19: 11AM-12PM

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

APRIL 5, 19: 1PM-2PM

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

MAY 17: 11AM-12PM

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

MAY 17: 1PM-2PM

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

JUST FOR
seniors
CAMDEN COUNTY

www.camdencounty.com

camden **county**

Making It Better. Together.