



# 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 - suitable for all experience levels.

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

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! \***

## GLOUCESTER TWP.:

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

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

## GLOUCESTER TWP CLASSES:

Wednesday, 9/12 - 11am  
Wednesday, 10/3 - 11am  
Wednesday, 10/17 - 11am  
Wednesday, 11/7 - 11am  
Wednesday, 11/21 - 11am

## CHERRY HILL:

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

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

## CHERRY HILL CLASSES:

Wednesday, 9/12 - 1pm  
Wednesday, 10/3 - 1pm  
Wednesday, 10/17 - 1pm  
Wednesday, 11/7 - 1pm  
Wednesday, 11/21 - 1pm

## WESTMONT:

Camden County William J. Rohrer  
Memorial Library,  
15 MacArthur Boulevard,  
Westmont, NJ 08108

To register for classes in Westmont,  
please contact Tom Castellano by  
calling, **(856) 858-2986**, by email,  
[Tom.Castellano@camdencounty.com](mailto:Tom.Castellano@camdencounty.com),  
or by accessing our county website,  
[www.CamdenCounty.com](http://www.CamdenCounty.com)

## WESTMONT CLASSES:

Monday, 9/10 - 1 pm  
Monday, 9/24 - 1 pm  
Monday, 10/1 - 1 pm  
Thursday, 10/11 - 1 pm  
Monday, 10/15 - 1 pm  
Monday, 10/22 - 1 pm  
Monday, 10/29 - 1 pm  
Monday, 11/5 - 1 pm  
Monday, 11/19 - 1 pm  
Monday, 11/26 - 1 pm

FOR YOUR NEWS & EVENTS  
THE BOARD OF FREEHOLDERS

[camdencountynj](http://camdencountynj.com)



[CamdenCounty.com](http://CamdenCounty.com)

**camden county**

Making It Better, Together.