



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. CLASSES:

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

CHERRY HILL CLASSES:

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

WESTMONT CLASSES:

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

To register for classes in Westmont,
please call Tom Castellano:
(856)-858-2986 or email:
Tom.Castellano@camdencounty.com

GLoucester Twp. CLASSES:

Wednesday, 3/20 - 11am
Wednesday, 4/3 - 11am
Wednesday, 4/17 - 11am
Wednesday, 5/1 - 11am
Wednesday, 5/15 - 11am

CHERRY HILL CLASSES:

Wednesday, 3/20 - 1pm
Wednesday, 4/3 - 1pm
Wednesday, 4/17 - 1pm
Wednesday, 5/1 - 1pm
Wednesday, 5/15 - 1pm

WESTMONT CLASSES:

Monday, 3/18 - 1 pm
Monday, 3/25 - 1 pm
Monday, 4/1 - 1 pm
Thursday, 4/11 - 1 pm
Monday, 4/15 - 1 pm
Monday, 4/22 - 1 pm
Monday, 4/29 - 1 pm
Monday, 5/6 - 1 pm
Monday, 5/13 - 1 pm
Monday, 5/20 - 1 pm

FOR YOUR NEWS & EVENTS
THE BOARD OF FREEHOLDERS

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Making It Better, Together.