



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, 3/11 - 11 am
Wednesday, 3/25 - 11 am
Wednesday, 4/8 - 11 am
Wednesday, 4/22 - 11 am
Wednesday, 5/6 - 11 am

CHERRY HILL CLASSES:

Wednesday, 3/11 - 1 pm
Wednesday, *3/25* - 1 pm
Wednesday, 4/8 - 1 pm
Wednesday, *4/22* - 1 pm
Wednesday, 5/6 - 1 pm

* March 25th Chair Yoga Location is @ The William G. Rohrer Library.

* April 22nd Chair Yoga Location is @ The Cherry Hill Library.

WESTMONT CLASSES:

Monday, 3/9 - 1 pm
Monday, 3/16 - 1 pm
Monday, 3/23 - 1 pm
Thursday, 3/30 - 1 pm
Monday, 4/6 - 1 pm
Monday, 4/13 - 1 pm
Monday, 4/20 - 1 pm
Monday, 4/27 - 1 pm
Monday, 5/4 - 1 pm
Monday, 5/11 - 1 pm

FOR YOUR NEWS & EVENTS
THE BOARD OF FREEHOLDERS

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



CamdenCounty.com

camden county

Making It Better, Together.