



CHAIR YOGA

ZOOM CLASSES

PRESENTED BY THE CAMDEN COUNTY BOARD OF FREEHOLDERS

This class is designed to bring yoga to your day - come as you are, have a sturdy, armless straight back chair, all in the safety and comfort of your own home on-line with ZOOM! Join the group 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 their respective towns.**

*** CLASS SIZE IS LIMITED (30 students) SO PLEASE REGISTER EARLY! ***

*When registering, you will be given the Zoom contact information, as well as the ID code to join the class.
*The link remains the same for each Zoom meeting. Join in 10-15 minutes early to sign in, chat, and settle-in!

To participate, you must be a Camden County Senior Citizen aged 55 +

Westmont: Senior Chair Yoga

Monday 9/14, 9/21, 9/28,
10/5, 10/12, 10/19, 10/26,
11/2, 11/9, 11/16 at 1pm

Gloucester Twp: Senior Chair Yoga

Wednesday 9/16, 9/30,
10/14, 10/28,
11/11 at 11am

Cherry Hill: Senior Chair Yoga

Wednesday 9/16, 9/30,
10/14, 10/28,
11/11 at 1pm

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

Tom.Castellano@camdencounty.com

To register for Gloucester Township
classes, please call Diane Jones:
(856) 435-5734

or email: recdept@glotwp.com

To register for Cherry Hill classes,
please call: (856) 488-7868
or e-mail:

recreation@chtownship.com

FOR YOUR NEWS & EVENTS
THE BOARD OF FREEHOLDERS

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Making It Better, Together.