

# GENTLE YOGA

## ZOOM CLASSES

PRESENTED BY THE CAMDEN COUNTY BOARD OF COMMISSIONERS

This class is designed to bring yoga to your day - come as you are,  
all in the safety and comfort of your own home online 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 on Mondays at 9:00am, Thursdays at noon and are one hour long**

**MARCH 21, 24, 28, 31 / APRIL 4, 7, 11, 14, 18, 21, 25, 28 / MAY 2, 5, 9, 12, 16, 19  
JUNE 2, 6, 9, 13, 16, 20, 23, 27, 30 / JULY 7, 11, 14**

Registration is on a first come, first served, basis. To register, or should you have any questions, or require additional information, please contact Isabella Badolato by email:

**Isabella.Badolato@camdencounty.com, or phone: (856) 858-2205**

**ZOOM Link: [bit.ly/3JGLAyT](https://bit.ly/3JGLAyT)  
Meeting ID: 856 993 8654**

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CamdenCountyNJ