



**Township of Cedar Grove
Recreation Department**
525 Pompton Ave. Cedar Grove, NJ 07009
(973) 239-1410 x220

Outdoor Adult Summer Yoga

**FOR CANCELLATIONS DUE TO INCLEMENT WEATHER;
“LIKE” US ON FACEBOOK, www.facebook.com/cedargroverec or
“FOLLOW” US ON TWITTER, @CedarGroveRec**

- **Who:** Adults 18 years+ - **Please bring your own yoga mat**
- **Where:** Cedar Grove Community Center Parking Lot
(199 Fairview Ave. – under shaded area in front of building)
- **When:** **Mondays(P.M.) 6:00-7:00pm OR**
Fridays(A.M) 9:00-10:00am
- **Dates:** **Mondays; July 6-Aug. 31 - - Fridays; July 17-Sept. 4**
(there will be no class on, 7/13, 8/24 or 8/28)
THE FIRST MONDAY NIGHT CLASS (7/6) HAS BEEN
POSTPONED TO TUESDAY (7/7) SAME TIME AT CEDAR
GROVE PARK ON FAIRVIEW AVE.
- **Fee:** \$30.00/person – ONLINE REGISTRATION ONLY
- **Safety Measures:**
 - All participants will keep 6-feet social distancing
 - No equipment will be shared
 - If you bring a water bottle please be sure it is clearly marked
 - Personal items will be kept separated
 - Outdoor bathroom facilities bathrooms will not be available

Description: This program will be instructed by Stacy Valdes-Davis a resident of Cedar Grove and a certified Yoga instructor for 10+ years. Yoga is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness. Six-foot social distancing will be practiced. If there is inclement weather, please bear with us for tentative make-ups.