



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

## **Adult Yoga (Outdoor)**

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

- **Who:** Adults 18 years+ - **Please bring your own yoga mat**
- **Where:** Wednesday Evenings – Panther Park Softball Field  
(118 W Bradford Ave. CG)  
Friday Mornings – CG Community Center (in front of building)  
(199 Fairview Ave. CG)
- **When:** **Wednesdays(P.M.) 6:30-7:30pm OR**  
**Fridays(A.M) 9:00-10:00am**
- **Dates:** **Wednesdays;** Sept. 16, 23, 30, Oct. 7, 14, 21, 28, Nov. 4, 11 & 18  
**Fridays;** Sept. 11, 18, 25, Oct. 2, 9, 16, 23, 30, (skip 11/6), Nov. 13 & 20
- **Fee:** \$50.00/person - No refunds after start of program  
**REGISTRATION WILL BE ACCEPTED ONLINE ONLY**

**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.