



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

Adult Yoga @ The Pool

**FOR CANCELLATIONS DUE TO INCLEMENT WEATHER;
“LIKE” US ON FACEBOOK, www.facebook.com/cedargroverec or
Call the Weather Hotline, 973-230-9944**

- **Who:** Adults 18 years+ - **Please bring your own yoga mat**
- **Where:** Cedar Grove Community Pool – Basketball Court
- **When:** Wednesday Evenings - June 30th – Aug. 25th
Friday Mornings - July 2nd – Aug. 27th
- **Time:** **Wednesdays-** 7:30-8:30pm
Fridays- 9:00-10:00am
- **Fee:** \$55.00/person - \$10 late fee after 7/2/21
No refunds after 7/2
ONLINE REGISTRATION ONLY
<https://register.communitypass.net/TownshipofCedarGrove>

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.