



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

## **Adult Water Workout**

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

- **Who:** Adults 18 years+ - *This program will take place in the water*
- **Where:** Cedar Grove Community Pool
- **When:** Wednesday Mornings – July 21<sup>st</sup> - August 25<sup>th</sup>
- **Time:** 9:15-10:00am
- **Fee:** \$30.00/person - No refunds after 7/21  
**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/Fitness instructor for 10+ years. This class is designed to progress the health and performance of individuals interested in improving their level of fitness... and why not do it in the water!