



**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](http://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:** **Friday Mornings** - July 1<sup>st</sup> – Sept. 2<sup>nd</sup> (skip 8/26)
- **Time:** **Fridays-** 9:00-10:00am
- **Fee:** \$55.00/person - \$10 late fee after 6/24/22  
No refunds after 6/24  
**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.