



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

Summer Evening Adult Yoga

**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 Center (199 Fairview Ave)
- **When:** Wednesday Evenings; June 29th-Aug. 31st (skip 8/24)
- **Time:** 6:30-7:30pm
- **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.