



**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 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:** Monday Evenings; July 11th-Aug. 22nd
- **Time:** 7:15-8:00pm
- **Fee:** \$45.00/person – \$10 Late fee after 6/24/22
No Refunds after 6/24/22
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!