



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

Adult Yoga

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

- **Who:** Adults 18 years+ - **Please bring your own yoga mat**
- **Where:** Cedar Grove Community Center
- **When:** **Wednesdays(P.M.)** 6:30-7:30pm **OR**
Fridays(A.M) 9:00-10:00am
- **Dates:** **Wednesdays;** December 7-February 8
Fridays; December 9-February 10
- **Fee:** \$55.00/person – \$10 late fee after 12/2/22
No refunds after program start
REGISTRATION WILL BE ACCEPTED ONLINE 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. Six-foot social distancing will be practiced.