



**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:** Monday Evenings: June 26<sup>th</sup> Aug. 28<sup>th</sup> (skip 7/3) **OR**  
Wednesday Mornings; June 28<sup>th</sup>-Aug. 30<sup>th</sup>  
*\*Please note if you want to attend both classes, you must pay for both. If you sign up for Wednesday or Monday, you must attend that class only, you cannot switch back and forth*
- **Time:** **Monday Evenings**; 7:15-8:00pm  
**Wednesday Mornings**; 9:15-10:00am
- **Fee:** \$60.00/person – \$10 Late fee after 6/23/23  
No Refunds after 6/23  
**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!