



**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](http://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;** September 13-November 29  
**Fridays;** September 15-December 15 (skip 11/10 & 11/24)
- **Fee:** \$65.00/person – \$10 late fee after 9/8/23  
**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.