



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 26th-August 28th
Please note that class location may be held outdoors on Aug. 21 & Aug. 28
- **Time:** 6:30-7:30pm
- **Fee:** \$60.00/person - \$10 late fee after 6/14/24
No refunds after 6/14
ONLINE REGISTRATION ONLY
<https://register.communitypass.net/TownshipofCedarGrove>

Description: This program will be instructed by Stacy Valdes-Davis, 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.