



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

**Adult Strength Training for Every Body**  
**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+
- **Equipment Needed:** Yoga Mat & 2 small hand-weights of your choice weight
- **Where:** Cedar Grove Community Center – Back Patio or online, weather permitting
- **When:** Mondays – 9:00-10:00am
- **Dates:** December 2, 2024–March 31, 2025  
(skip 1/20, 2/17)
- **Fee:** \$75.00/person – \$10 late fee after 11/27/24  
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/Fitness instructor. Every week participants will learn simple strength training exercises that will use body weight, light hand-held weights and resistance bands to build strength, tone muscles and help you feel healthier! Focus will be on arms, core and legs with light cardio at the start and finish of each session. The challenge will be to take what you do on Mondays and do it 2-3 more times that week, on your own so you can confidently progress as the session continues.