



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

Summer 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:** **Wednesday P.M., INDOOR**, CG Community Center
199 Fairview Ave., Cedar Grove
Friday A.M., OUTDOOR, Cedar Grove Pool
99 Slattery Dr., Cedar Grove
- **When:** **Wednesday Evenings;** June 25th-August 20th (skip 8/13)
Friday Mornings; June 27th – August 29th (skip 7/4 & 8/15)
- **Time:** **Wednesdays 6:30-7:30pm**
Fridays 9:00-10:00am
- **Fee:** \$60.00/person - \$10 late fee after 6/20/25
No refunds after 6/20
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.