



Yoga & You

Fall II 2022

Learn to relax and gain inner strength through the efforts of yoga. Yoga promotes balance, strength, flexibility and relaxation through various postures & breathing techniques.

This 6 week program will be held under the direction of Valerie Maugeri - Certified Yoga Teacher



Classes will be held on Tuesdays, 8:15am—9:15am
November 1 through December 20
(*No Class—November 8th & December 13th*)

\$55 for residents \$65 for non-residents

Class is held in Municipal Building/Lower Level—Middle Room



To register please go to <https://register.communitypass.net/wall>
Register under the 2022 Fall Programs

Wall Recreation 2700 Allaire Rd. Wall, NJ 07719
732-449-8444, ext 2251

Email any questions, comments or concerns to lwehner@townshipofwall.com
Fee is non-refundable unless program is cancelled by the Recreation Department.