



Yoga & You

Spring 2023

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



Classes will be held on Tuesdays, 8:15a—9:15a
February 28 through April 18
\$75 for residents \$85 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 2023 Spring Programs

Wall Recreation 2700 Allaire Rd. Wall, NJ 07719

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