

Wall Recreation Department Presents:

# Yoga and YOU 2017



Learn to relax and gain inner strength through the efforts of yoga. Long known as a stress release, as well as a method toward total fitness, this **8-WEEK** program will be held under the direction of Louise Maresca.

**WHEN?** Mondays / August 7th—October 2nd (NO Class September 4)

**WHERE?** Municipal Building / lower level—center room

**TIME?** 9:30—11:00 AM

**FEE?** \$72 for residents  
\$82 for non-residents



To Register Please go to <https://register.communitypass.net/wall>

**Please mail & make checks payable to:**  
Wall Recreation—2700 Allaire Rd—Wall, NJ 07719 / 732-449-8444, ext 2251

*Fee is non-refundable unless program is cancelled by the Recreation Department.*

**Equipment suggested: Exercise mat and/or towel**

