

Wall Recreation Department Presents:

Yoga After Work

Come join us on this amazing journey to relax and strengthen your mind, body and soul. Flow with instructor, Joiana, for a Joiful hour of all levels power yoga, This **8-week** program is for **18** and up



WHEN? Tuesdays / October 3-November 28 (NO CLASS 10/31)

WHERE? Municipal Building / lower level—center room

TIME? 5:15pm—6:15 PM

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

Equipment Needed: Exercise mat



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

**If paying by Check please 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.*

