

Wall Recreation Department Presents:

Yoga and YOU 2019



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 / Jan 7, 14, 28, Feb 4 , 11 , 18, 25, March 4

WHERE? Municipal Building / lower level—community 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>

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.*

