

Wall Recreation Department Presents:

Yoga and You



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 May 6 — June 3 (*NO class May 27*)

WHERE: Municipal Building/Lower Level—Community Room

TIME: 9:30am — 11:00am

FEE: \$36 for residents \$46 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.

