

CHAIR YOGA WITH JOAN

– WINTER 2025 –



This class Improves flexibility and balance, strengthens muscles in the arms, legs, and core, reduces stress and anxiety, and promotes relaxation and mindfulness

WHO

Adults & Seniors

WHEN

Thursday Mornings
10:30 - 11:15 AM

WHERE

Verona Community Center Ballroom

DATES

JAN: **Skip 1/1**, 8, 15, 22, 29

FEB: 5, 12, 19, 26

MAR: 5, 12, 19, 26

REGISTRATION

Verona Residents \$35.00

12/10 10:00 AM

Non-Verona Residents \$45.00

12/17 10:00 AM



****REGISTRATION FEE IS NON-REFUNDABLE**

Register on Community Pass
www.veronanj.org