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