

CHAIR YOGA WITH JOAN

–FALL 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

OCT: 2, 9, 16, 23, 30
NOV: 6, 13, 20, **Skip 27**
DEC: 4, 11, 18 **Skip 25**

REGISTRATION

Verona Residents \$35.00
9/16 10:00 AM
Non-Verona Residents \$45.00
9/22 10:00 AM



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

Register on Community Pass
www.veronanj.org