

# CHAIR YOGA WITH JOAN



## -SPRING 2026-

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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

### DATES

APRIL: 2, 9, 16, 23, 30  
MAY: 7, 14, 21, 28  
JUNE: 4, 11, 18, 25

### REGISTRATION

Verona Residents \$45.00  
March 16 opens @ 10:00 AM  
Non-Verona Residents \$55.00  
March 23 opens @ 10:00 AM



Register on Community Pass  
[www.veronanj.org](http://www.veronanj.org)

\*\*REGISTRATION FEE IS NON-REFUNDABLE