

CHAIR YOGA WITH JOAN



-SUMMER 2026-

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

JULY: 2, 9, 16, 23, 30

AUGUST: 6, 13, 20, 27

SEPTEMBER: 3, 10, 17, 24

REGISTRATION

Verona Residents \$45.00

June 15th opens @ 10:00 AM

Non-Verona Residents \$55.00

June 22nd opens @ 10:00 AM



Register on Community Pass

www.veronanj.org

**REGISTRATION FEE IS NON-REFUNDABLE