CHAIR YOGA WITH JOAN

-SPRING 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

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

**REGISTRATION FEE IS NON-REFUNDABLE

Register on Community Pass
www.veronanj.org