

CHAIR YOGA WITH JOAN



-FALL 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

OCT: 1, 8, 15, 22, 29

NOV: 5, 12, 19

DEC: 3, 10, 17, 31

REGISTRATION

Opens to Verona residents Sept 15 10:00AM

Verona Residents \$45.00

Opens to non-Verona residents Sept 22 10:00AM

Non-Verona Residents \$55.00

\$10 Late fee applied after October 8

Register on Community Pass

www.veronanj.org

****REGISTRATION FEE IS NON-REFUNDABLE AND NON-TRANSFERRABLE**

