



TANK TOP YOGA

WINTER SERIES

Saturdays at 9AM

Starting January 5th

17 classes for \$50.00

Jump start the coming 2019 summer season with our yoga classes and be ready to wear your summer tank tops. Join our *TANK TOP YOGA* winter series with Lily who will concentrate on mindful yoga stretches that target the shoulders, upper arms, and neck. These specific exercises will be in addition to the recurring yoga poses and stretches. 17 classes for \$50.00. What a great opportunity at a great price to start the New Year with a healthy lifestyle choice! The morning classes will be at the Community Center and will use weights and bands. So bring your coffee, tea, friends, yoga mat and your positive intentions and join our class.

Must be registered with the Recreation Department. Any questions, please call 732-566-3898 x130. Stay tuned for our registration flyer!