

Senior Exercise Program

New class sessions

Tuesday, 10/8/24- Friday, 1/31/25

Tuesdays Sculpt Yoga

10/8 - 10:00 am - 10:45 am

Teacher - Graham Peddell

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Wednesday - Chair Yoga

10/8 - 10:00 am - 11:00am

Teacher - Danielle Meany

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Friday - Strength Yoga

10/8 - 11:00 am - 11:45 am

Teacher = Danielle Meany

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Matawan Residents are free

Non-Residents - 1 Class = \$55

2 Classes = \$100 3 Classes = \$145

All classes are taught at 201 Broad Street.

Please make checks payable to Borough of Matawan

and return to 201 Broad Street c/o Recreation

Name_____

Address_____

Email_____ **Phone**_____

office use : payment _____