



SINCE 1844

ROCKAWAY TOWNSHIP

65 MOUNT HOPE ROAD, ROCKAWAY, NEW JERSEY 07866

DEPARTMENT OF COMMUNITY SERVICES

Joseph S. Fiorilla, Director

Peter N. Tabbot, Health Officer/R.E.H.S.

Tuesday "Yoga"

Fall 2017

Chair Yoga 10:00 – 10:45 Includes stretching, basic postures, breathing & meditations.

Open Yoga 11:00 – 11:45 Includes above plus low impact aerobic exercises.

September 12, 19, 26

October 3, 10, 17, 24, 31

November 14

AFEP 10:30 - 11:30 Includes stretching, breathing, endurance, and balance activities tailored for your ability and skill level.

September 22, 29

October 6, 27

November 3

All class dates are subject to change. Registration opens on August 1, 2017. Please visit the Rockaway Township Division of Recreation to register. All classes are \$25.00 for the session and open to all residents in all communities. Friday's AFEP class is free to Rockaway Township Residents.

Call the Division of Recreation with Questions at 973-983-2841

TEL: Health: 973-983-2848 • 973-983-2849 • FAX: 973-983-2497 • www.rockawaytownship.org
TEL: Parks, Recreation & Senior Services: 973-983-2841 • FAX: 973-983-1081 • www.rockawaytownship.org