



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"

### Winter 2018

#### 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.

**March 13, 20, 27**

**April 3, 10, 17, 24**

**May 1**

## Friday "AFEP"

### Winter 2018

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

**March 2, 9, 16, 23, 30**

**April 6, 13, 27**

All class dates are subject to change. Registration opens on February 7, 2018. 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.

Checks made payable to: RT MAC

Friday's AFEP class is free to Rockaway Township Residents.

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