



SINCE 1844

ROCKAWAY TOWNSHIP

65 MOUNT HOPE ROAD, ROCKAWAY, NEW JERSEY 07866

Tuesday Adult Exercise

FALL 2021

Low Impact Aerobics 10:00 – 10:45

Includes warm-up, stretching, balance awareness, cardio routine, muscle strengthening using hand weights and followed by cool down/relaxation.

Chair Yoga 11:00 – 11:45

Includes stretching, basic postures, breathing & meditations.

November 2, 9, 16, 23 and 30

December 7, 14, and 21

YOGA will now take place at the Senior Center 19 Mt. Hope Road, Rockaway

All class dates are subject to change.

Registration opens on October 27, 2021.

Class size is limited to 20 per class

Masks are required

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 payable to: R.T. MAC

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

TEL: 973-627-7200 • FAX: 973-627-1081 • www.rockawaytownship.org