



Lawrence Senior Center Chair Yoga Class

Instructor - Cheri Dzubak

8-Week Summer

Sessions: \$24

Fee is doubled for Non-Residents

Tuesdays

9:00 - 10:00 AM

Location:

Lawrence Senior Center
30 East Darrah Lane,
Lawrence, NJ 08648

To **Pre-Register** or for more information
Call (609) 844-7048 or
Visit the Senior Center

***PLEASE EAT AND DRINK WATER BEFORE CLASS**

Must be 60+ to participate



Class Dates:

Session 1 – **June 3**

NO CLASS JUNE 10TH

Session 2 – **June 17**

Session 3 – **June 24**

NO CLASS JULY 1ST

Session 4 – **July 8**

Session 5 – **July 15**

Session 6 – **July 22**

Session 7 – **July 29**

Session 8 – **August 5**

BRING A YOGA MAT AND WATER TO CLASS!

