

Lawrence Senior Center

**UPDATED
DATES!!**

Yoga Class

8-Week Spring
Sessions: \$24

Fee is doubled for
Non-Residents

Fridays
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**

Instructor - Cheri Dzubak

Class Dates:

Session 1 – **April 4**

Session 2 – **April 11**

NO CLASS APRIL 18

Session 3 – **April 25**

Session 4 – **May 2**

Session 5 – **May 9**

Session 6 – **May 16**

Session 7 – **May 23**

Session 8 – **MAY 30**

*Please bring your own yoga mat,
towel or support pillow*



**Must be
60+ to
participate**

**BRING WATER
TO CLASS!**