

Lawrence Senior Center Yoga Class

6-Week Summer **Sessions: \$18**

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 – **June 6**

Session 2 – **June 13**

Session 3 – **June 27**

NO CLASS JULY 4TH

Session 4 – **July 11**

Session 5 – **July 18**

Session 6 – **July 25**

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



**Must be
60+ to
participate**

**BRING WATER
TO CLASS!**