

Lawrence Senior Center Yoga Class

8 Week Spring
Sessions: \$24

Fee is doubled for
Non-Residents

Fridays
9:00 - 10:00 AM

Location:

Lawrence
Community Center
295 Eggerts Crossing Rd,
Lawrence, NJ

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

Instructor - Cheri Dzubak

Class Dates:

Session 1 – **April 12**

Session 2 – **April 19**

NO CLASS – **April 26**

Session 3 – **May 3**

Session 4 – **May 10**

Session 5 – **May 17**

Session 6 – **May 24**

Session 7 – **May 31**

Session 8 – **June 7**

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



**Must be
60+ to
participate**