Lawrence Senior Center

Yoga Class

UPDATED DATES!

8-Week Fall 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

Instructor - Cheri Dzubak

Class Dates:

Session 1 – **Sept. 20**

Session 2 – **Sept. 27**

Session 3 – **Oct. 4**

Session 4 – **Oct. 11**

Session 5 – **Oct. 18**

Session 6 – **Oct. 25**

Session 7 – **Nov. 1**

Session 8 – **Nov. 8**

Please bring your own yoga mat, towel or support pillow

LAWRENCE TOWNSHIP SENIOR CENTER

Must be 60+ to participate