

yoga classes



Daria Hartman leads this class with stretching, strengthening, and toning postures. You will learn how to release stress and tension through deep breathing and quieting your mind. Equipment will be provided if necessary. Please wear comfortable clothing and bring a water bottle. Intermediate and advanced students welcome.

Online Registration
(www.communitypass.net)

Ages: 18 and up

Tuesdays @ North Brunswick Senior Center

7:30pm-9:00pm

\$105/ session

Session 1: January 2nd, 9th, 16th, 23rd, 30th, February 6th, 13th, 20th, 27th, & March 9th

Session 2: March 13th, 20th, 27th, April 3rd, 10th, 17th, 24th, May 1st, 8th & 15th

Session 3: May 22nd, 29th, June 5th, 12th, 19th, 26th, July 3rd, 10th, 17th & 24th

Session 4: July 31st, August 14th, 21st, 28th, September 4th, 11th, 18th, 25th, October 2nd, 9th

Session 5: October 16th, 23rd, 30th, November 6th, 13th, 20th, 27th, December 4th, 11th & 18th

North Brunswick Dept. Parks, Recreation & Community Services
(732) 247-0922 ext. 475