

Yoga at the Lake

Sponsored by the Liberty Township Recreation Commission

Join us this July for Yoga and Tai Chi at the John R. Fisher pavilion at Mt. Lake Beach. Certified instructors will provide a one hour class. Registration starts at 5:30pm. All classes will begin at 6pm.

July 5th – Beginner Yoga with Amanda, C.Y.T.

July 12th – Tai Chi with Stan

July 19th – Yoga with Courtney

July 25th – Yoga with Courtney

Please bring your own mat and wear comfortable, non-constrictive clothing. Each class is a suggested \$5 fee.

The John R. Fisher Pavilion is at 137 Lakeside Drive West, Belvidere, NJ.

For questions, please call Amanda Loguidice, C.Y.T. at 908.310.5876 or contact Shannon Schaaf at 908.319.9229.

