

# Yoga at the Lake



Sponsored by the Liberty Township Recreation Commission

Join us this August 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.

**August 2<sup>nd</sup> – Beginner Yoga with Amanda, C.Y.T.**

**August 9<sup>th</sup> – Tai Chi with Stan**

**August 16<sup>th</sup> – Beginner Yoga with Amanda**

**August 23<sup>rd</sup> – Beginner Yoga with Amanda**

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.