



Yoga & Qi-Gong

Sponsored by the Liberty Township Recreation Commission

Come relax and join us for Yoga /Tai Chi every Wednesday through the Winter/Spring of 2018. Certified instructors will provide a one hour class. The class is open to everyone.

Registration starts at 5:45 pm. All classes will begin at 6pm.

Our Winter/Spring Schedule at the Liberty Municipal Building:

**Every Wednesday (except the 2nd Wednesday of the month)
Beginner Yoga with Amanda, C.Y.T**

**Qi-Gong/Tai Chi with Stan – March 14th, April 11th, May 9th,
June 13th**

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

Liberty Municipal Building: 349 Mountain Lake Road, Great Meadows, NJ

As the weather gets warmer, all fitness programs will be held outdoors at the John R. Fisher Pavilion at Mountain Lake. The John R. Fisher Pavilion is at 137 Lakeside Drive West, Belvidere, NJ. Location change/cancellation will be posted on the Liberty Township website blog and Facebook. Please visit for more information:

www.libertytownship.org

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