



# CHAIR YOGA

## ZOOM CLASSES

PRESENTED BY THE CAMDEN COUNTY BOARD OF FREEHOLDERS

This class is designed to bring yoga to your day - come as you are, have a sturdy, armless straight back chair, all in the safety and comfort of your own home on-line with ZOOM! Join the group to maintain health & revitalize your body systems- suitable for all experience levels. Yoga develops a union connecting body, mind & breath...in essence, it's a whole-body tune-up!

**Classes are one hour long - 11:00 am to 12:00 pm  
and 1:00 pm to 2:00 pm in their respective towns.**

**\* CLASS SIZE IS LIMITED (30 students) SO PLEASE REGISTER EARLY! \***

\*When registering, you will be given the Zoom contact information, as well as the ID code to join the class.  
\*The link remains the same for each Zoom meeting. Join in 10-15 minutes early to sign in, chat, and settle-in!

**To participate, you must be a Camden County Senior Citizen aged 55 +**

### **Westmont: Senior Chair Yoga**

Monday 9/14, 9/21, 9/28,  
10/5, 10/12, 10/19, 10/26,  
11/2, 11/9, 11/16 **at 1pm**

### **Gloucester Twp: Senior Chair Yoga**

Wednesday 9/16, 9/30,  
10/14, 10/28,  
11/11 **at 11am**

### **Cherry Hill: Senior Chair Yoga**

Wednesday 9/16, 9/30,  
10/14, 10/28,  
11/11 **at 1pm**

To register for classes in Westmont,  
please call Tom Castellano:  
(856)-858-2986 or email:  
[Tom.Castellano@camdencounty.com](mailto:Tom.Castellano@camdencounty.com)

To register for Gloucester Township  
classes, please call Diane Jones:  
(856) 435-5734  
or email: [recdept@glotwp.com](mailto:recdept@glotwp.com)

To register for Cherry Hill classes,  
please call: (856) 488-7868  
or e-mail:  
[recreation@chtownship.com](mailto:recreation@chtownship.com)

FOR YOUR NEWS & EVENTS  
THE BOARD OF FREEHOLDERS

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Making It Better, Together.