

*Borough of* **MATAWAN** *New Jersey*



**\$75.00 Annual Fee**

**Chair & Strength for Year**

**\$45.00 Single class for Year**

**Borough of Matawan is pleased to announce that Senior Chair Yoga and Senior Strength with Danielle will continue as an annual program. Join for 1 fee and get a full years worth of classes. Danielle is an excellent teacher and to know her is to love her. Bring your friends and neighbors and join these awesome classes and jumpstart a healthy lifestyle within our senior community. Senior Chair is offered on Tuesdays at 10AM-11AM; Senior Strength is Wednesdays at 11AM-11:45AM.**

**Call Recreation at 732-566-3898 x130**

**Chair yoga is a great way for senior adults to get the wonderful health benefits of yoga. Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, improve circulation, protect joints and build strength and balance.**

