



SINCE 1844

ROCKAWAY TOWNSHIP

65 MOUNT HOPE ROAD, ROCKAWAY, NEW JERSEY 07866

DEPARTMENT OF COMMUNITY SERVICES

Joseph S. Fiorilla, Director

Peter N. Tabbot, Health Officer/R.E.H.S.

Tuesday "Yoga"

Winter 2018

Chair Yoga 10:00 – 10:45

Includes stretching, basic postures, breathing & meditations.

Open Yoga 11:00 – 11:45

Includes above plus low impact aerobic exercises.

January 9, 16, 23, 30

February 6, 13, 20, 27

Friday "AFEP"

Winter 2018

AFEP 10:30 - 11:30 Includes stretching, breathing, endurance, and balance activities tailored for your ability and skill level.

January 5, 12, 19, 26

February 2, 9, 16, 23

All class dates are subject to change. Registration opens on December 1, 2017. Please visit the Rockaway Township Division of Recreation to register. All classes are \$25.00 for the session and open to all residents in all communities.

Friday's AFEP class is free to Rockaway Township Residents.

Call the Division of Recreation with Questions at 973-983-2841