

BYRAM RECREATION DEPARTMENT



SENIOR CHAIR YOGA + EXERCISE

**MONDAY, WEDNESDAY,
AND FRIDAYS**



LIVE CERTIFIED INSTRUCTOR

WANT TO IMPROVE STABILITY,
STRENGTH, AND BALANCE ?
JOIN US FOR THIS GREAT CLASS.

11:00 A.M.

BYRAM FIREHOUSE- ROUTE 206

COST IS \$5.00 PER CLASS

**BRING A BOTTLE OF WATER,
WEAR COMFORTABLE CLOTHES
AND WE WILL PROVIDE
EVERYTHING ELSE.**

**ANY QUESTIONS CALL
US AT (973) 347-2500
EXT. 160**