



**GLOUCESTER TOWNSHIP RECREATION
& CAMDEN COUNTY**

FREE SENIOR CHAIR YOGA & MEDITATION

The Camden County Board of Freeholders and Gloucester Twp. Recreation are sponsoring free Chair Yoga and Meditation and Healthy Lifestyles exercise classes for seniors ages 55+. Classes are one hour long 11am-12pm on Wednesdays on-line with ZOOM.

Once you are registered, students will be emailed a secure Zoom link. Students will be asked not to share the link. The link will remain the same for each class.

Class size limited to 25. To register please email Diane Jones at dianejones@glotwp.com

Chair Yoga

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!

Class Dates: February 17, March 3, 17, 31, April 14

Meditation & Healthy Lifestyles

This class is designed for those individuals who feel overwhelmed with the anxiety and stress of everyday life, or those who battle with stress related disorders. Bring harmony into your life! Create awareness methods to diminish stress & create balance for yourself. 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!

Class Dates: February 24, March 10, 24, April 7, 21



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