



MONDAY NIGHT YOGA - SPRING SESSION !! WITH MICHELE ROSENBACH

River Vale Community Center
628 Rivervale Road
(behind the North Firehouse)



APRIL 1, 8, 15, 29 MAY 6, 13, 20, 2019

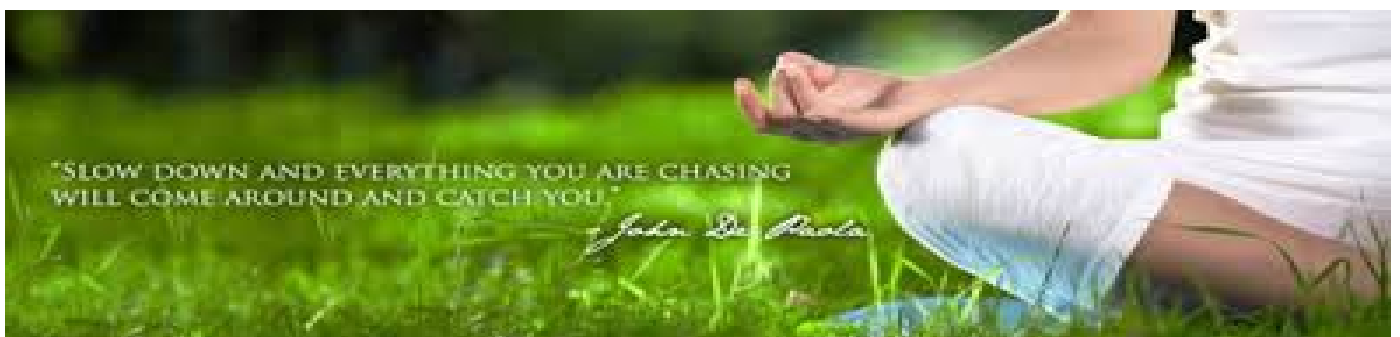
BEGINNER LEVEL 6:00PM-7:00PM
MULTILEVEL CLASS 7:15PM-8:15PM

7 classes for \$70. Registration and payment through River Vale Community Pass, credit card or check payable to Township of River Vale, mail check to 406 Rivervale Road, River Vale NJ 07675 Attn: Yoga, or bring check to first night of class. Go to www.rivervalenj.org, click on Recreation Registration, choose 2019 Mayors Wellness and select appropriate class.



Mayors Wellness Campaign

Put your community in motion



"SLOW DOWN AND EVERYTHING YOU ARE CHASING
WILL COME AROUND AND CATCH YOU."

John De Paula