



## **NEW FALL YOGA SESSIONS**

### **MONDAY NIGHTS and SATURDAY MORNINGS - WITH MICHELE ROSENBACH**

River Vale Community Center

628 Rivervale Road (behind the North Firehouse)

SEPTEMBER 9, 16, 23, 30 OCTOBER 7, 14, 21, 28, 2019

MONDAY BEGINNER LEVEL 6:00PM-7:00PM

MONDAY MULTILEVEL CLASS 7:15PM-8:15PM

SEPTEMBER 7, 14, 21, 28 OCTOBER 5, 12, 19, 26, 2019

SATURDAY MORNING 8:30-9:30AM

8 classes for \$80. Registration and payment through River Vale Community Pass.  
Go to [www.rivervalenj.org](http://www.rivervalenj.org), click on Recreation Registration, choose 2019 Mayors  
Wellness and select appropriate class.



*Mayors Wellness Campaign*

*Put your community in motion*