



**Township of Cedar Grove  
Recreation Department**  
525 Pompton Ave. Cedar Grove, NJ 07009  
(973) 239-1410 x220

## **Adult Yoga**

**FOR CANCELLATIONS DUE TO INCLEMENT WEATHER;  
Call our Weather Hotline #973-230-9944**

- **Who:** Adults 18 years+ - **Please bring your own yoga mat**
- **Where:** Cedar Grove Community Center
- **When:** **Wednesdays (P.M.) 6:30-7:30pm OR**  
**Fridays (A.M) 9:00-10:00am**
- **Dates:** **Wednesdays;** April 8-June 10  
**Fridays;** April 10-June 12
- **Fee:** **Early Registration Fee:** \$65.00/person  
**Fee after 3/20/26:** \$75.00/person  
No refunds after program start  
**REGISTRATION WILL BE ACCEPTED ONLINE ONLY**  
<https://parksrec.egov.basgov.com/cedargrovenj>

**Description:** This program will be instructed by Stacy Valdes-Davis a resident of Cedar Grove and a certified Yoga instructor for 10+ years. Yoga is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness. Six-foot social distancing will be practiced.