



Yoga & Tai Chi

Sponsored by the Liberty Township Recreation Commission

Come relax and join us for Yoga /Tai Chi every Wednesday through the Fall/Winter of 2017. Certified instructors will provide a one hour class. The class is open to everyone.

Registration starts at 5:30pm. All classes will begin at 6pm.

Our Fall Schedule at the Pavilion at Mt. Lake (Outdoors):

Oct. 4th – Beginner Yoga with Amanda, C.Y.T

Oct. 11th - Tai Chi with Stan

Oct. 18th - Beginner Yoga with Amanda, C.Y.T.

Oct. 25th - Beginner Yoga with Amanda, C.Y.T.

Please bring your own mat (Yoga) and wear comfortable, non-constrictive clothing. Each class is a suggested \$5 fee.

The John R. Fisher Pavilion is at 137 Lakeside Drive West, Belvidere, NJ.

As the weather gets colder/raining, all fitness programs will be moved indoors to the Liberty Twp. Municipal Building, 349 Mountain lake Road, 07838. Location change/cancellation will be posted on the Liberty Township website blog and Facebook. Please visit for more information: www.libertytownship.org

*For questions, please call Amanda Loguidice, C.Y.T. at 908.310.5876 or contact Shannon Schaaf at 908.319.9229.