



# MAYORS WELLNESS CAMPAIGN<sup>®</sup>

North Haledon residents  
invited to...

**“Get Fit!”**  
**with**  
**Gianna Wozney,**  
**Certified Yoga & Group Fitness Instructor**

WHEN: Weekday mornings & evenings beginning Nov. 2, 2020

WHERE: Memorial Post #428 (American Legion)  
512 High Mountain Road, North Haledon

## SCHEDULE OF CLASSES:

### Chair Yoga

A beginner yoga class for anyone who does not feel comfortable getting on and off the floor. The goal is to provide participants with the tools needed to relieve pain, reduce stress, and improve basic activities in everyday life.

*Mondays, 6:30-7:30 p.m., November 2 – December 14*

*Thursdays, 9:30-10:30 a.m., November 5 – December 17*

*Thursdays, 10:30-11:30 a.m., November 5 – December 17*

*(No classes on Thursday, November 26. Happy Thanksgiving!)*

### Fit for Life

Get back to basics! This class will use body weight exercises and basic cardio movement to improve cardiovascular health as well as tone the body to build functional muscle.

*Mondays, 9:30-10:30 a.m., November 2 – December 14*

*Wednesdays, 6:30-7:30 p.m., November 4 – December 16*

**Classes are free. However, due to limited space,  
pre-registration is required!**

**Register on-line at [www.northaledon.com](http://www.northaledon.com)**

Questions ???

E-mail [yogawgianna@gmail.com](mailto:yogawgianna@gmail.com) or call **973-427-6213, ext. 5 (Library)**