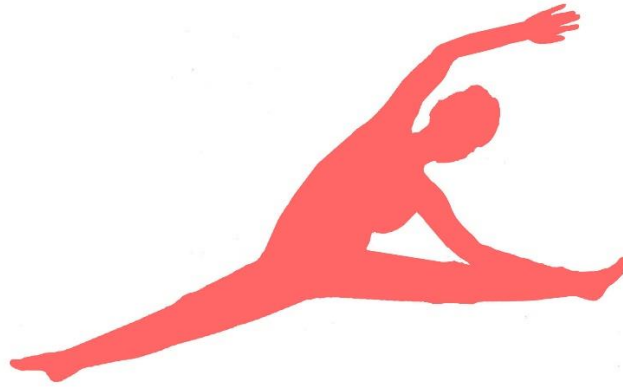


Mat Yoga



Beginners are Welcome! Classes fill up quickly; first come, first serve

Mat Yoga is a popular exercise that focuses on **breathing, strength, and flexibility**. Practicing yoga may provide many physical and mental health benefits. You must be able to easily get up and down on the floor. If this is for you bring your yoga mat and don't forget a water bottle!

When: Tuesdays

Time: 11:00am

**Location: Three Bridges Reformed Church
Three Bridges, NJ**

When: Fridays

Time: 9:00am

Location: Senior Center, Flemington, NJ

Registration is required. No charge. No prior experience necessary!

To receive an invitation email, meeting login credentials and any further instructions; please email your registration request: elangeveld@co.hunterdon.nj.us or call (908) 284-6128.

Open to Hunterdon County residents age 60 and over who are enrolled members of the Senior Center.

**Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services
- Senior Fitness Programs**