



Intermediate Chair Yoga Now Twice a Week

Intermediate Chair Yoga – This class focuses on stretching, strengthening, improving alignment, and reducing pain through seated and standing poses. Participants should be comfortable with some single leg poses.

When: Classes will be held for 8 weeks on **Mondays**, 10:15 - 11:00 AM, June 2 - July 28.

When: Classes will be held for 8 weeks on **Wednesdays**, 10:15 - 11:00 AM, May 21 - July 9.

Cost: Classes are \$10/week and scheduled in 8-week increments. No refunds.

Not sure? Please join us for a free class before the next session starts!

About the Instructor- Donna Sue Dowton, CPT, CGFI is a Certified Senior Specialist, Certified Exercise Specialist, Certified Red Cross Instructor, and Certified Thai Massage Therapist. She's a Madison resident and has been teaching exercise for many years. For questions or more information on these classes, please contact her at 973-723-6039.

Please return the completed form below with a check made payable to TMC to :
Thursday Morning Club, PO Box 345, Madison, NJ 07940.
Please include "exercise" memo.

Exercise Classes at MCH



Name _____

Phone # _____ Will you accept text messages? _____

Email _____

Intermediate Chair Yoga - MONDAY _____ Session @ \$80.00 Total enclosed _____

Intermediate Chair Yoga - WEDNESDAY _____ Session @ \$80.00 Total enclosed _____

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Return to: Thursday Morning Club
PO Box 345
Madison, NJ 07940
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