



Yoga classes at MCH

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, 10:15-11:00am, **December 1,8,15 January 5,12,19,26 February 2 (there will be no class on December 22 or December 29)**

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

and

When: Classes will be held for 8 weeks on Wednesdays, 10:15-11:00am, **January 14, 21, 28 February 4, 11, 18, 25 March 4**

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

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.

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

Please note, if you are unable to join us on your designated day, you have the opportunity to make up your class on the alternate day.

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 'yoga' in the memo.

Yoga Classes at MCH



Name _____

Phone # _____ **Will you accept text messages?** _____

Email _____

Intermediate Chair Yoga M _____ December 1,8,15 January 5,12,19,26 February 2

W _____ January 14, 21, 28 February 4, 11, 18, 25 March 4

Session @ \$80.00 Total enclosed _____

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