

Yoga at the Oasis Spa at Hopewell



Capital Health Medical Center – Hopewell, One Capital Way, Pennington, NJ 08534

CLASS LOCATION: Mercer Tower Conference Room, 4th floor

CHAIR YOGA [*not only* FOR SENIORS]

CLASS TIME: 4 to 4:45 p.m.— 45 minutes

\$70 per 8 week session

\$10 drop-in rate

Chair Yoga is a great way to stretch and relax from head to toe in a seated position.

YOGA BLEND CLASS

CLASS TIME: 5 to 6 p.m. — 60 minutes

\$80 per 8 week session

\$15 drop-in rate

Learn to lengthen and strengthen the muscles and move through each pose with ease and grace. This slow flow class is for yogis with various experience levels or who may be ready for a bit more of a challenge.

To register, call **609.537.6544**
or visit **Oasis Spa at Hopewell**
(located to the right of the main staircase in
Capital Health Medical Center – Hopewell).

CLASS DATES

Tuesdays

January 3 — February 21

February 28 — April 18

April 25 — June 13

June 20 — August 15 (*no class July 4*)

August 22 — October 10

October 17 — December 12 (*no class October 31*)

Thursdays

January 5 — February 23

March 2 — April 20

April 27 — June 15

June 22 — August 10

August 17 — October 5

October 12 — December 7 (*no class November 23*)

oasisspa
at Hopewell

Located at Capital Health Medical Center – Hopewell

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