

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 gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

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).

2018 CLASS DATES

Thursdays

January 4 — February 22

March 1 — April 26

(no class March 29)

May 3 — June 28

(no class June 28)

July 5 — August 30

(no class July 5)

September 6 — October 25

November 1 — December 29

(no class November 22)

oasisspa
at Hopewell

Located at Capital Health Medical Center – Hopewell

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