

# ***Gentle Yoga***

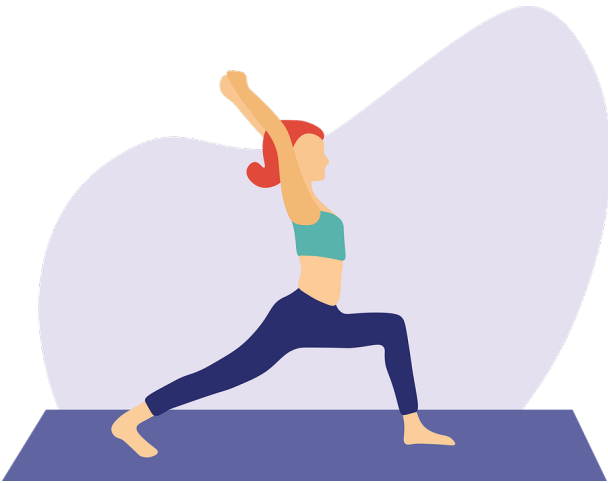
**Fridays 10:30 a.m. - 11:15 a.m.**

**Cost: \$10 per class** (cash - payable to instructor)

Certified Instructor: Sunny Corona, ACP

**IMPROVE:** Strength, mobility, flexibility and balance

All ages and abilities welcome. Modifications to common yoga poses will be provided. Props used will include: chairs, yoga straps and Therabands



**Location:** Little Falls Recreation Center  
160 Paterson Avenue  
Little Falls, NJ 07424