



# Chair Yoga

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Mayor

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Yoga is a mind and body related practice in complementary and alternative medicine that has roots in ancient Indian philosophy. The word "yoga" means union, and practicing yoga is thought to create a union between mind and body. A yoga instructor leads students through exercises that help improve flexibility, strength and balance.



**Where:** Five Branches Senior Center

**When:** Wednesdays 1:30pm

★ With Jo! ★



# Chair Pilates

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.



**Where:** Five Branches Senior Center

**When:** Mondays 9:30am

★ With Laura! ★



For General Information or If you have any questions please call Liz Longenhagen at 732-726-6276 or Email: [Elizabeth.Longenhagen@twp.woodbridge.nj.us](mailto:Elizabeth.Longenhagen@twp.woodbridge.nj.us)