

YOGA ON THE BLUFF

with Lorene Colon



*******ALL LEVELS WELCOME! *******

7:30am-8:30am

Saturdays: July 20th - Aug. 24th

*No class Aug. 10th

[COST: \$15/class]

(Sign in upon arrival and you will be billed by the club)

***** MEMBERS ONLY*****

I am super excited to be teaching yoga on our beautiful bluff this summer, and I am honored to share this beautiful practice with you. ~ Lorene

***WEAR:** comfortable clothing that you can move around in easily... Layers!

***BRING** a large towel or blanket or a yoga mat ... and water

Questions? Contact: Lorene Colon 732-379-8459 | lorenecolon@hotmail.com

(Psst: Yoga is a great way to prepare the body for 8:30 Adult Swim!)