



Cliffside Park Senior Activity Center

At the Gerald A. Calabrese Complex

500 gorge road 201-943-3768

Senior Yoga Class

Unite your body, mind & spirit

Wednesday's 10:00Am

FRIDAY'S 9:00AM

If you would like to attend this class

Please Sign-up at Activity center

201-943-3768

PLEASE Note there will be no classes on:

Apr. 30, may 2, 7, & 9