

William Paterson University • Recreational Services



# FREE YOGA CLASSES

**TUESDAYS, April 24 & May 1 - 5:15pm with Mandy**  
@ Rec Center

**SUNDAY, April 29 - 7:30pm with Jill**  
@ Overlook Fitness Center (students only)

**FRIDAY, May 4 - 10:30pm with Jill**

Friday Night @ the Rec - Rec Center (students only)

***Level: Beginners to Advanced***

Yoga classes include a blend of stretching, exercise and relaxation techniques that will tone your entire body while relaxing your mind. Classes are tailored to the participants needs on that day.

Register online [www.imleagues.com/Williampaterson/Fitness](http://www.imleagues.com/Williampaterson/Fitness)

973-720-2777 • [www.wpunj.edu/reccenter](http://www.wpunj.edu/reccenter)

**FREE!**

**STRESS  
LESS!**