

BLOOMFIELD

Parks • Recreation • Cultural Affairs



Wellness Wednesdays

At Oakeside Cultural Center
240 Belleville Ave

Yoga With A Twist - 4:30PM - 5:30PM
Jan 25 - Feb 1, 8 March - 1, 8, 15, 22, 29
Instructor Leigh McCaughrain
Ages 5 - 12 - \$25

Fitness Bootcamp - 5:30PM - 6:30PM
Jan 25 - Feb 1, 8, 15, 22 March - 1, 8, 15
Ages 18 & Up - \$60

Group Grief Support - 6:45PM - 7:45PM
Jan 25 - Feb 1, 8, 15, 22 March - 1, 8, 15, 22, 29
With Certified Grief Support Specialist Daniel Bitecola III
& Pastoral Care Expert Gregory Hann
(Ages 18 & under must be accompanied by an adult)
Free to all in need

Yoga For Relaxation - 8:00PM - 9:00PM
Jan 25 - Feb 1, 8, 15, 22 March - 1, 8, 15
Instructor Sandy Gola
Ages 18 & Up - \$50

REGISTER TODAY!

WWW.BLOOMFIELDRECREATION.ORG

