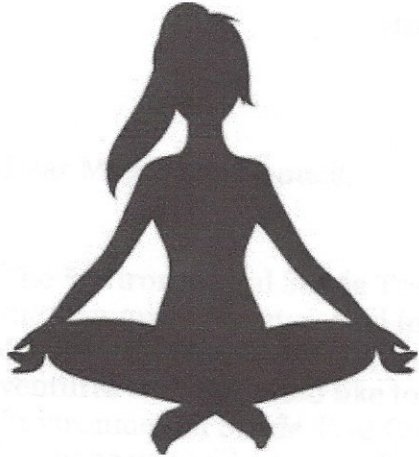


Beachwood Mayor's Wellness Campaign & Beachwood Municipal Alliance

present two new exciting exercise series with Instructor Tracy Morano



Yoga

Wednesday evenings at 7:30 p.m. at the Mayo Park Center

Join us for an 8 week yoga series.

Relax, Rejuvenate and Restore!

Classes will take place on March 16, 23, 30, April 6, 13, 20,
27 & May 4.

\$25 fee. Class size limited to 20.

Zumba

Monday Evenings at 7:30 p.m. at the Mayo Park Center

Join us for an 8 week Zumba series.

Beginner to Intermediate Levels.

Move and groove to songs broken down into steps for
you to follow.

Classes will take place on

March 21, 28, April 4, 11, 18, 25, May 2 & 9.

\$25 Fee. Class size limited to 25.



Registration forms and waivers available at Beachwood Borough Hall and
www.beachwoodusa.com. Please remit your payment to Beachwood Borough at 1600
Pinewald Rd, Beachwood, NJ 08722. Registration is required and will be taken on a first
come, first serve basis. Beachwood residents will receive first preference. Ages 13 and up.
Under Age 16, must be accompanied by an adult. For more information on these programs,
contact smcnabb@beachwoodusa.com or groma@comcast.net.