



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BEACH FITNESS CLASSES

## ISLAND BEACH, THE BOULEVARD MOUNTAIN LAKES

In conjunction with the Mountain Lakes Recreation Department, join us for our "famous" summer beach yoga class at Island Beach! Classes begin June 22 and end August 26th.

### BEACH YOGA

Tuesdays 7:00-8:00am

Instructor: Ivette

Thursdays 7:00-8:00am

Instructor: Sue B.

### CONTACT

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