



# CJ's Personal Best Fitness

597 Mantoloking Rd, Brick, NJ 08723

## **Join us for an 8-week Yoga Program with Valerie Maugeri**

Every Tuesday @5:30pm from May 7th – June 25th

Yoga promotes balance, strength, flexibility, and relaxation through various postures and breathing techniques.

\$120 for the 8-week program

\$20 for drop-ins

All levels are welcome!

Valerie is a certified E-RYT200 plus Yoga Instructor

No commitment and no membership fees

Classes are limited

**Call 732-477-3137 today to reserve your spot.**