

SECAUCUS RECREATION CENTER

A NEW CLASS !!

Breathing for Optimal  
Health



Friday Weekly Breath Class  
Begins Friday, August 20th

- Discussion on how breath affects our body and mind and why learning to use the breath can help us
- Interactive breath exercises and movement will be done

Please join April Daly each Friday evening at 7:30 pm for this relaxing, fun and interactive class.

For more info please call April 201-725-7827