



# FAMILY YOGA

**Sun., MAR. 11 from 2 - 3pm**

**The Franklin Lakes Community Center**

**Instructor: Tiffany Spizzo**

Enjoy the calm of family yoga before the frenzy of the big game! #superbowl #getcentered  
Class begins with thoughtfully tuning in, followed by playful and meditative practices that include postures, partner poses, and group poses. Relaxation and guided imagery end the afternoon. Max 25 participants

**All family members welcome!**

**FLCC/YMCA Full Member: \$20 per family**

**Program Member: \$25 per family**

**Register Online  
or Call 201.904.2112**

Questions? Contact [EllenB@wyckoffymca.org](mailto:EllenB@wyckoffymca.org)  
1 Vichiconti Way, Franklin Lakes, NJ 07417

**FRANKLIN LAKES  
COMMUNITY CENTER**

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**WYCKOFF FAMILY YMCA**