

2026 PROGRAMS



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Take A Seat: Chair Yoga with Dana

SELECT SUNDAYS AT 1:30pm

Join us for our chair yoga class where we focus on moving, breathing, building strength & flexibility, and end with relaxation!

1/4, 1/18, 2/1, 2/15, 3/8, 3/22, 4/12, 4/26, 5/3, 5/17, 6/7, 6/28, 7/12, 7/26, 8/9,
8/23, 9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 12/6, 12/20



Drum2BFIT: Cardio Drumming

SELECT SUNDAYS AT 1:30pm

Join certified cardio drumming instructors for a fun workout using drumsticks, yoga balls, high-energy music, and customized choreographed routines to increase physical and mental fitness.

1/25, 2/22, 3/29, 4/19, 5/31, 9/27, 10/25, 11/22, 12/13



T'ai Chi Chih

SELECT SATURDAYS/SUNDAYS AT 1:30pm

Participate in this mindful, moving meditation class.

1/10, 2/7, 3/15, 4/18, 5/24, 6/14, 7/19, 8/16, 9/13, 10/11, 11/8, 12/27

Open to adult Heggan cardholders. Advance registration is required.

Serving the residents of Washington Township, NJ for sixty years



Margaret E. Heggan Free Public Library

606 Delsea Dr.

Sewell, New Jersey 08080 | (856) 589-3334

<https://www.hegganlibrary.org>