



Yoga with Anna at the Wood Ridge Civic Center

Sunday mornings with Anna – 8:00-9:00 a.m.

Sign up March 4th - \$80 for 10 weeks

(3/4, 3/11, 3/18, 3/25, 4/8, 4/15, 4/22, 4/29, 5/6 & 5/13)

**Registration for 10 week session
is necessary to receive discount!**

Walk-ins welcome (pay as you go) for \$10 per week!

Wednesday nights with Anna – 6-7 p.m.

Sign up March 7th - \$80 for 10 weeks

(3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2 & 5/9)

**Registration for 10 week session
is necessary to receive discount!**

Walk-ins welcome (pay as you go) for \$10 per week!

**Please bring your own yoga mat, where comfortable clothing,
refrain from eating 2 hours before class and as always, please get the
ok from your physician before beginning any new exercise program.**



peace. love.
Y    .

Spring into Yoga

with Nick Calabrese

Thursday evenings

3/1, 3/8, 3/15, 3/22 & 3/29

at the W-R Civic Center, 495 Highland Avenue, W-R,

6-7 p.m.

\$8 per class pay as you go!

SPECIAL MEDITATION for BEGINNERS Class

With Nick

Thursday 3/15 7-8 p.m.

Following Yoga

This Meditation Class will be FREE to all!

*** Please refrain from eating for 2 hours before the class ***

*** Bring your own yoga mat and wear comfortable clothes **

