



## **Yoga Classes at the Wood Ridge Civic Center**

**Monday nights with the Meadowlands Area YMCA  
8-9 p.m. call 201-955-5300 to register**

**Wednesday nights with Anna – 6-7 p.m. Pay as you  
go \$8, no registration necessary**

**Thursday nights with Nick – 7-8 p.m. Pay as you go  
\$8, no registration necessary**

**Sunday mornings nights with Anna – 8-9 a.m. Pay as  
you go \$8, no registration necessary**

**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.**

