Yoga Classes at the Wood Ridge Civic Center

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

Thursday nights with Nick – 6-7 p.m.
Pay as you go $8, no registration necessary

Sunday mornings 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.