

# April Morning Yoga



**Sundays &  
Thursdays**

WITH  
ANNA

**FREE TO ALL W-R ADULT RESIDENTS!**

**SUNDAYS 8-9 A.M.  
4/7, 4/14, 4/21, & 4/28**

**THURSDAYS 10:30-11:30 A.M.  
4/4, 4/11, 4/18, & 4/25**

**\*\*BOTH CLASSES AT THE CIVIC CENTER\*\*  
(495 HIGHLAND AVENUE)**

**IN CASE OF INCLEMENT WEATHER...**

**HELD VIA ZOOM...EMAIL THE RECREATION  
OFFICE AT [RECREATION@NJWOODRIDGE.ORG](mailto:RECREATION@NJWOODRIDGE.ORG)  
TO REGISTER AND OBTAIN ZOOM LINK**

Please wear comfortable clothing, refrain from eating 2 hours before class, bring water, and as always, please get the ok from your physician before beginning any new exercise program. Class will start promptly.