

# MARCH



## Morning Yoga

### Sundays & Thursdays

WITH  
ANNA

FREE TO ALL W-R ADULT RESIDENTS!

SUNDAYS 8-9 A.M.

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

THURSDAYS 10:30-11:30 A.M.

3/5, 3/12, 3/19, & 3/26

**\*\*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.

# 2026