

Yoga Central Weekly Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Multi-Level 8:45-10:00 am Becky	Multi-Level 8:45-10:00 am Becky		Slow & Warm Yoga (80°) 9:00-10:15 am Katie Brunner <i>(in-person only)</i>	Multi-Level 9:30-11:45 am Donna M <i>(online only)</i>	Multi-Level 8:45-10:00 am Becky	Gentle/Beginner 9:00-10:15 am Antonette (Toni)
Prenatal 10:30-11:45 am Becky	Chair Yoga 11 am-12 pm Kathy <i>(6-wk series)</i>	Baby & Me Yoga Storytime 10:15-11:30 am Katherine & Toni <i>(in-person only)</i> <i>Through June 13</i>	T'ai Chi Chih 11 am-12 pm Janet <i>(6-wk series)</i>		*YFCC Mat Class 10:30-11:30 am Ana	
			Extra Gentle 4:30-5:30 pm Ana <i>(online only)</i>			
	Gentle/Beginner 6:15-7:30 pm Antonette (Toni)	Core/Multi-Level 6:15-7:30 pm Becky	Multi-Level 6:15-7:30 pm Katie	Flow/Restorative 6:15-7:30 pm Katie		

WORKSHOPS & SPECIAL CLASSES

Plus, private & small group session, & other special events throughout the year. We can arrange to come to your location, too! Find the latest schedules on our website including weather-related & other closings.

Contact us:

For the quickest response, email: Yogacentralnj202@gmail.com
908-707-0759 (leave a message)
www.yogacentralnj.com
953 US Hwy 202 N,
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ALL CLASSES offered IN-PERSON & ONLINE unless otherwise noted.

**YFCC – Yoga for Cancer Care (check our website for complete schedule)*