

**THE CENTER FOR FAMILY EDUCATION AT VALLEY HOSPITAL**  
**PRE & POSTNATAL YOGA SCHEDULE**  
 140 E. RIDGEWOOD AVE., PARAMUS, 5TH FLOOR NORTH TOWER  
 Office Phone: 201-291-6151 (option 1) Email: familyeducation@valleyhealth.com  
**SCHEDULE FOR DECEMBER 2019**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <b>10:30-11:30 am</b> Prenatal Yoga w/Jane <b>12-1 pm</b> Baby & Me Yoga w/Jane <b>5:30-6:30 pm</b> Prenatal Yoga w/Christine	4	5 <b>10:30-11:30 am</b> Prenatal Yoga w/Jane	6	7 <b>YOGA CLASSES                      CANCELED</b>
8	9	10 <b>10:30-11:30 am</b> Prenatal Yoga w/Jane <b>12-1 pm</b> Baby & Me Yoga w/Jane <b>5:30-6:30 pm</b> Prenatal Yoga w/Christine	11 No Class	12 <b>10:30-11:30 am</b> Prenatal Yoga w/Jane	13	14 <b>9:00—10:00 am</b> Postnatal Yoga w/Christine <b>10:30-11:30 am</b> Prenatal Yoga w/Christine  <b>MFM CONFERENCE                      ROOM—3S</b>
15	16	17 <b>10:30-11:30 am</b> Prenatal Yoga w/Jane <b>12-1 pm</b> Baby & Me Yoga w/Jane <b>5:30-6:30 pm</b> Prenatal Yoga w/Christine	18 No Class	19 <b>10:30-11:30 am</b> Prenatal Yoga w/Jane	20	21 <b>9:00—10:00 am</b> Postnatal Yoga w/Jane <b>10:30-11:30 am</b> Prenatal Yoga w/Jane  <b>MFM CONFERENCE                      ROOM—3S</b>
22	23	24 <b>10:30-11:30 am</b> Prenatal Yoga w/Jane <b>12-1 pm</b> Baby & Me Yoga w/Jane <b>5:30-6:30 pm</b> <b>canceled</b>	25 No Class	26 <b>10:30-11:30 am</b> Prenatal Yoga w/Jane	27	28 <b>9:00—10:00 am</b> Postnatal Yoga w/Jane <b>10:30-11:30 am</b> Prenatal Yoga w/Jane  <b>MFM CONFERENCE                      ROOM—3S</b>
29	30	31 <b>10:30-11:30 am</b> Prenatal Yoga w/Jane <b>12-1 pm</b> Baby & Me Yoga w/Jane <b>5:30-6:30 pm</b> <b>CANCELED</b> 				