

**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 FEBRUARY 2020**

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