

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 MARCH 2020

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