

ADDRESS FOR YOGA BY THE BAY CLASSES:

Cliffwood Beach Waterfront Park

Raritan Blvd (also known as Pirates Cove)

Yoga by the Bay Classes will move to the studio if inclement weather.



Schedule for September 2021 Effective 9-7-21

PLEASE ARRIVE
5-10 Min Prior to Class

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8am Yoga by the Bay Flow w/ Michelle S		7am Yoga Sculpt / Fusion w/ Kaitlin		7am Yoga Sculpt / Fusion w/ Kaitlin		
9am TRX Allison / Monica	9:30 Foundations w/ Kaitlin	9am Back Health w/ Stacy	9am TRX Yoga w/ Allison	9am Core & Balance w/ Allison	9:30am Flow w/ Michelle U	9 - 10:15am Flow w/ Beth
10:30 Align & Flow Allison / Monica			10:30 Chair Yoga w/ Allison			
	6-7pm Flow w/ Beth	6-7pm TRX Yoga w/ Monica	6-7pm TRX Yoga w/ Regan	6-7pm Yoga by the Bay Flow w/ Beth		
	7:15 - 8:15 TRX Beginner w/ Michelle S	7:15 - 8:15 Relax Deeply w/ Monica	7:30 - 8:30 Flow & Restore TBD	7:15 - 8:15 Foundations w/ Allison		

FOR ADDITIONAL INFORMATION ABOUT EACH CLASS GO TO OUR WEBSITE FOR CLASS DESCRIPTIONS - www.alignyoganj.com

TO REGISTER FOR CLASSES, PLEASE GO TO WWW.ALIGNYOGANJ.COM OR DOWNLOAD OUR APP (Look for Align Yoga & Strength in App Store)

WALK INS ARE WELCOME, BUT SPACE IS LIMITED, ESPECIALLY FOR TRX.

QUESTIONS PLEASE EMAIL INFO@ALIGNYOGAANDSTRENGTH.COM OR CALL 732-290-5174