



NICHOLAS J. SACCO
NORTH BERGEN MAYOR

NORTH BERGEN PUBLIC LIBRARY

YOGA

81ST STREET LIBRARY

Morning Yoga:
Tuesdays & Fridays @ 9:15 am

Chair Yoga:
Wednesdays @ 1 pm

Evening Yoga:
Wednesdays @ 8 pm

NB RECREATION CENTER & LIBRARY

Evening Yoga:
Thursdays @ 6:15 pm

Morning Yoga:
Saturdays @ 9:30 am

**FREE CLASSES OPEN TO ALL
NORTH BERGEN &
GUTTENBERG RESIDENTS**

SAI RAO
EXECUTIVE DIRECTOR



www.nbpl.org | [@nbplibrary](https://twitter.com/nbplibrary)

81st Street Library: 510 81st Street Library | 201.869.4715 ext. 1

NB Rec Center & Library: 1231 Kennedy Boulevard, North Bergen | 201.869.4715 ext. 2

Events and patrons may be photographed or recorded. Please notify a staff member if you wish to be excluded.