



CrossFit Nutley

YOGA

MONDAYS - 10:15 am with DONNA SCRO SAMORI

MONDAYS – 8:00 pm with ARIELLE SCARPELLI

PLEASE BRING YOUR OWN YOGA MAT

CrossFit Nutley

2 BALTIMORE STREET (last building at end of street)

CF NUTLEY MEMBERS - \$15.00 PER CLASS

NON MEMBERS - \$20.00 PER CLASS

MORNING CLASSES START APRIL 4TH, EVENING CLASSES START APRIL 11TH. ALWAYS CHECK THE WEBSITE BEFORE COMING FOR CANCELLATIONS OR SCHEDULE CHANGES.

SIGN UP ONLINE AND PAY WHEN YOU ARRIVE. CASH OR CREDIT, NO CHECKS

A YOGA CLASS TAILORED FOR
CROSSFITTERS AND ATHLETES.

BEGINNERS WELCOME!

THIS CLASS WILL HELP YOU
PREPARE YOUR BODY FOR A
MINDFUL AND PRODUCTIVE
WEEK OF WORKOUTS AND WILL
IMPROVE YOUR MOBILITY,
BALANCE, PHYSICAL
AWARENESS AND FLEXIBILITY.



Contact wendy@crossfitnutley.com with any questions.

www.crossfitnutley.com 973.542.8480