

Yoga Classes



The Lyndhurst Health Department offers classes in yoga and chair yoga, made possible through our partnership with the Meadowlands Area YMCA.

Yoga:

Mondays from 5:00-6:00 pm

Tuesdays from 10:30-11:30 am

Chair Yoga:

Thursdays from 2:00-3:00 pm.

Classes are held at the Lyndhurst Health Department.
Cost: \$30 for the 10 week session for Lyndhurst residents
\$50 for non-residents

Pre-registration is required.
Please call 201-804-2500 to register.