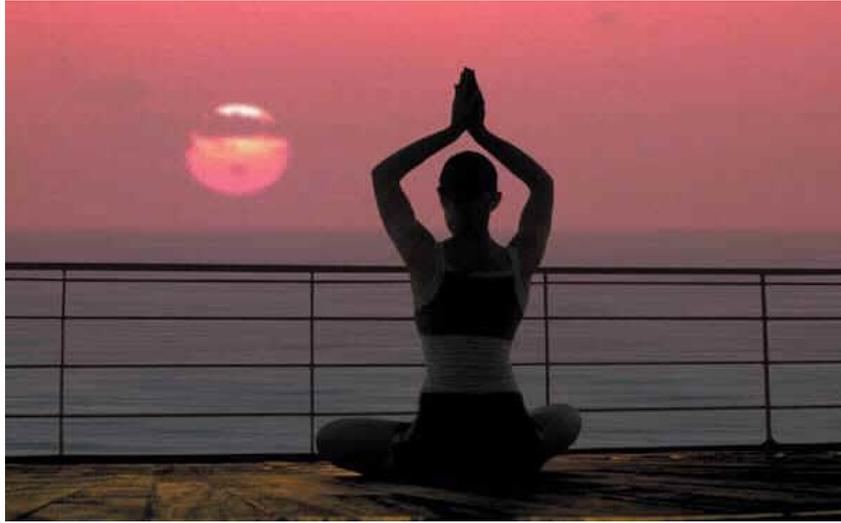


Yoga Classes



The Parks Department now takes registration for the Y.M.C.A. sponsored Yoga class. The Chair Yoga class is no longer free, but it is still held in the recreation room at the Lyndhurst Health Department. We also offer a yoga class via our partnership with the MS society.

Chair Yoga: Fridays: 11:30 a.m. – 15 week session – partnered with Y.M.C.A.

- Must register at the Parks Department

Yoga: Fridays: 1:45 p.m. – 15 week session – partnered with MS Society

- Must register at the MS Society