

Yoga Classes



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

Yoga:

Tuesdays 5:00-6:00 pm

Tuesdays 11:00 am-noon

Cost: \$30 for each 10 week session for Lyndhurst residents
\$50 for non-residents

Chair Yoga:

Tuesdays from 10:30-11:00 am
Free for Lyndhurst residents

All classes are held at the Lyndhurst Health Department.
Pre-registration is required.
Please call 201-804-2500 to register.