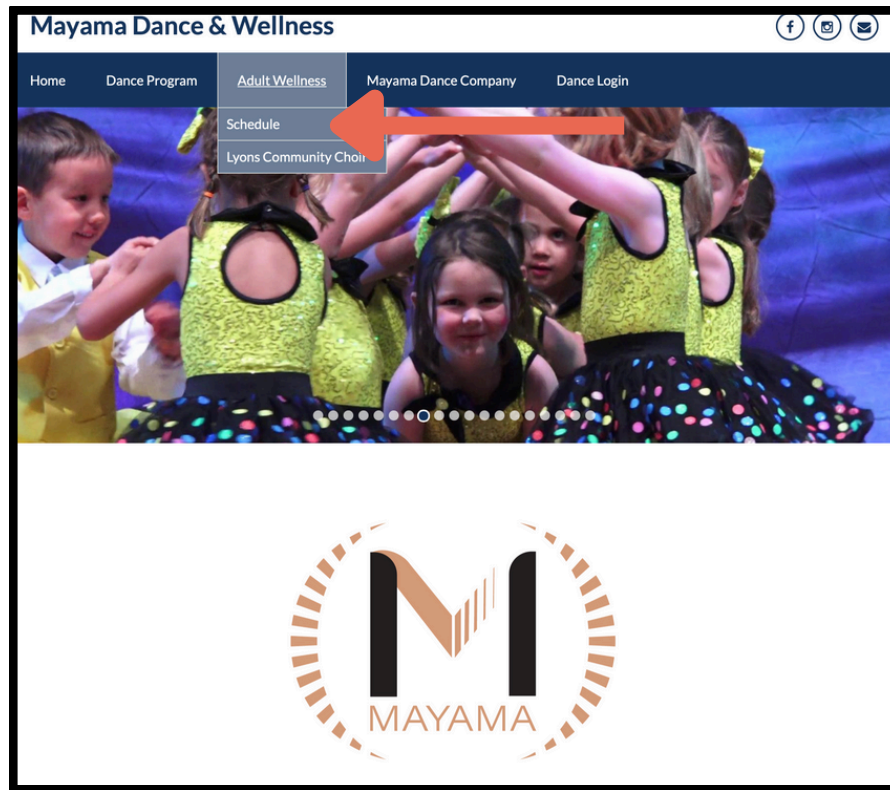


How to Register for Adult Wellness Class



From the home page, navigate to the adult wellness schedule.

Lyons All Voices Choir: A Big Beautiful Noise

All Classes						
Location						
All Instructors						
SUN	MON	TUE	WED	THU	FRI	SAT
27 8:00 am Forrest Yoga, all levels △ Cali Leola 9:30 am Barre & Soul △ Ali Kishiyama	28 8:15 am Yoga-Conscious Flow (60 Minutes) △ Kim Rand 9:30 am Yoga - Yin Restorative (in person) △ Kim Rand 5:15 pm Adult Bollywood △ Kshitija Saturdekar 6:30 pm Adult Beginner Flamenco △ Andrea Gomez	29 5:30 am Boot Camp: Cardio & Strength △ Jayme Friedman 8:15 am Barre & Soul △ Ali Kishiyama CANCELLED 9:30 am Nia - in studio △ Jackie Diner	30 TODAY 8:15 am Yoga - Vinyasa Flow ① In-Studio, Mayama △ Maya Parr ① 1 hour 9:30 am Boot Camp: Cardio & Strength ① In-Studio, Mayama △ Jayme Friedman ① 1 hour	1 5:30 am Boot Camp: Cardio & Strength ① In-Studio, Mayama △ Jayme Friedman ① 1 hour 8:15 am Yoga-Conscious Flow (60 Minutes) ① In-Studio, Mayama △ Kim Rand ① 1 hour 9:30 am Nia - In studio ① In-Studio, Mayama △ Jackie Diner ① 1 hour 10:45 am Meditation: Cultivating Sacred Pause	2 9:00 am Nia - in studio ① In-Studio, Mayama △ Jasmine Lok ① 1 hour 10:15 am Little Bird Music, ages 0-3 ① In-Studio, Mayama △ Shannon Johnson ① 1 hour 10:15 am Little Birds - Full Session Sign Up (6/9) ① In-Studio, Mayama △ Shannon Johnson ① 1 hour	3 9:00 am Yoga - Flow & Strengthening (in person) ① In-Studio, Mayama △ Kim Rand ① 1 hour 15 minutes

Scroll down on the schedule page to find the class you want to join. Be sure to check for the correct class date.

Click on the class you'd like to attend.



[Read More](#)

Reservations

You must sign-in to book a spot in this class.

[Sign In](#)



On the class page, scroll down to find "Reservations".

If you are not signed in, you will be prompted to.



[Read More](#)

Make a Reservation:

Susan Miszewski

[Reserve My Spot!](#)

Once you are signed in, you will be able to select "Reserve my Spot"

You will need to click a second time (in a pop up window) to confirm.

Thank You! See you in class.