

February Weekly 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00-9:00 AM Hatha/Vinyasa Yoga Marlo (except 2.26)	8:00-9:00 AM Slow Flow Yoga Moe	8:00-9:00 AM Slow Flow Yoga Moe	8:00-9:00 AM Vinyasa Yoga Moe	8:30-9:15 AM Total Body Sculpt* Marlo	
9:30-10:30 AM Total Body Sculpt Olivia	9:30-10:30 AM Slow Flow Yoga Marlo	9:30-10:30 AM Gentle Yoga Sarah	9:30-10:30 AM Vinyasa Yoga Moe	9:30-10:30 AM Gentle Yoga Mariana	9:30-10:30 AM Vinyasa Yoga Jim	9:30-10:30 AM Yoga Basics Mariana
11:00-12:00 PM Gentle Yoga Sarah	11:00-12:00 PM Vinyasa Yoga—Moe Chair Yoga—Monica (downstairs)	11:00-12:00 PM Hatha Yoga Sarah	11:00-12:00 PM Gentle Yoga Sarah	11:00-12:00 PM Slow Flow—Mariana Chair Yoga—Moe (downstairs)	11:00-12:00 PM Slow Flow Yoga Jim	11:00-12:00 PM Gentle Yoga Mariana
12:30-1:30 PM Hatha Yoga Sarah	12:30-1:30 PM Vinyasa Yoga Monica	12:30-1:30 PM Vinyasa Yoga Moe	12:30-1:30 PM Hatha Yoga Sarah	12:30-1:30 PM Vinyasa Yoga Monica	12:30-1:30 PM Power Yoga* Lacey	12:30-1:30 PM Vinyasa Yoga* Lacey
	1:35-2:00 PM Meditation Monica			1:35-2:00 PM Meditation Monica		
		4:00-5:00 PM Hatha Yoga* Sairsha (Begins 2.6)	4:00-5:00 PM Youth Yoga (9-11yrs) Sairsha [Registration Required]	4:00-5:00 PM Teen Yoga (11-15yrs)* Sairsha (Begins 2.8) *Drop Ins Encouraged*	4:00-5:00 PM Hatha Yoga* Sairsha (Begins 2.9)	
		6:00-7:00 PM Total Body Sculpt Olivia		6:30-7:30 PM Tai Chi Peter [Registration Required]	 <p>McFetridge Wellness</p> <p>*NEW CLASS</p>	
	7:30-8:30 PM Restorative Yoga Moe	7:30-8:30 PM Vinyasa Yoga Lacey		7:30-8:30 PM Tai Chi Peter [Registration Required]		



**New to yoga?
Or searching for some relaxation?**

Try these classes:

- Chair Yoga
- Gentle Yoga
- Restorative Yoga

**Experienced in yoga?
Or looking for a more physical challenge?**

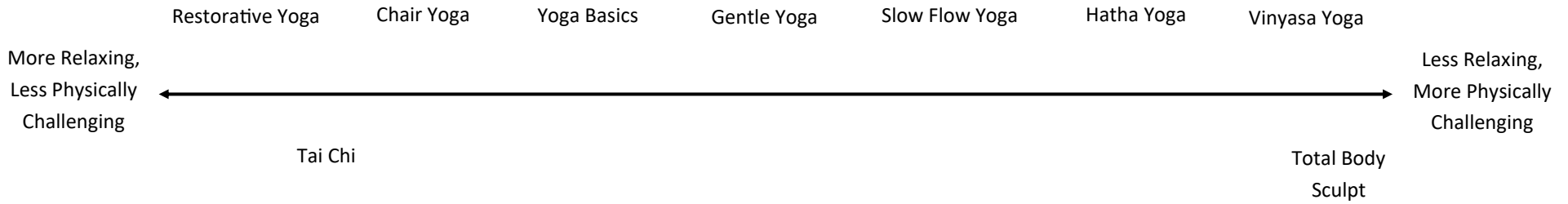
Try these classes:

- Slow Flow Yoga
- Hatha Yoga
- Vinyasa Yoga

**Interested in class formats
other than yoga?**

Try these classes:

- Total Body Sculpt
- Tai Chi



McFetridge Sports Center
3843 N California Ave, Chicago 60618
(773) 478-2609 ext. 228
www.mcfetridgesportscenter.com/wellness
yoga@mcfetridgesportscenter.net
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Membership Options

Drop-in
\$12

One Month
\$70

Two Months
\$120

Senior Discount (60+)
50% off