

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:15 AM Total Body Sculpt Marlo	8:00-9:00 AM Slow Flow Yoga Various*	8:00-9:00 AM Slow Flow Yoga Sarah/Moe	8:00-9:00 AM Yin Yoga Mariana	8:30-9:15 AM Total Body Sculpt Marlo	
9:30-10:30 AM Slow Flow Yoga Various*	9:25-10:10 AM Hatha-Vinyasa Yoga Marlo	9:30-10:30 AM Gentle Yoga Various*	9:30-10:30 AM Vinyasa Yoga Megan	9:30-10:30 AM Gentle Yoga Mariana	9:30-10:30 AM Vinyasa Yoga Marlo	
11:00-12:00 AM Gentle Yoga Various*	11:00-12:00 PM Slow Flow—Moe Chair Yoga—Monica (downstairs)	11:00-12:00 PM Hatha Yoga Monica	11:00-12:00 PM Hatha Basics—Sairsha Chair Yoga—Megan (downstairs)	11:00-12:00 PM Slow Flow Yoga Mariana	11:00-12:00 PM Slow Flow Yoga Lacey	
12:30-1:30 PM Vinyasa Yoga Various*	12:30-1:30 PM Vinyasa Yoga Moe	12:30-1:30 PM Vinyasa Yoga Monica	12:30-1:30 PM Mat Pilates Lacey	12:30-1:30 PM Vinyasa Yoga Monica	12:30-1:30 PM Power Sculpt Lacey	
		1:35-2:00 PM Meditation Monica		1:35-2:00 PM Meditation Monica		
				4:00-5:00 PM Hatha Basics Sairsha		
		4:45-5:45PM Hatha Basics Sairsha		5:15-6:15 PM Mat Pilates Lacey	5:30-6:30pm Hatha Basics Sairsha	
		6:00-7:00 PM Total Body Sculpt Lacey		6:30-7:30 PM Tai Chi Peter [Registration Required]	 January 2026	
7:30-8:30 PM Restorative Yoga B		7:30-8:30 PM Vinyasa Yoga Lacey		7:40-8:40 PM Tai Chi Peter [Registration Required]		

**rotating teachers, see Wellness Living for updates*



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

Try these classes:

Hatha Basics
Gentle Yoga
Chair Yoga
Yin Yoga
Restorative Yoga

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

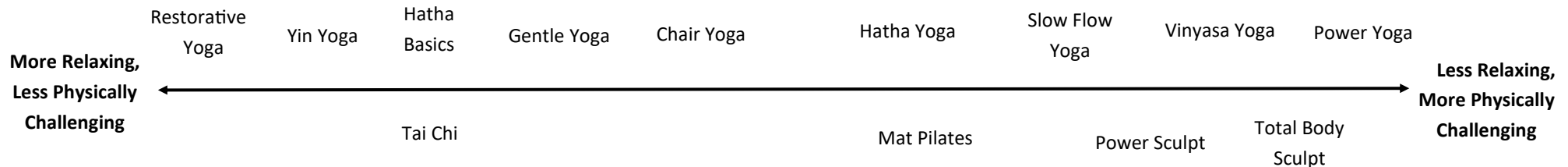
Try these classes:

Slow Flow Yoga
Hatha Yoga
Vinyasa Yoga
Hatha-Vinyasa Yoga
Power Yoga

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

Try these classes:

Total Body Sculpt
Power Sculpt
Mat Pilates
Tai Chi



McFetridge Sports Center
3843 N California Ave, Chicago 60618
yoga@mcfetridgesportscenter.net
Wellness: (773) 747-6182
www.mcfetridgesportscenter.com/wellness
Follow us @McFetridgeWellness

Membership Options

Drop-in \$14	One Month \$80	Two Months \$140	Senior Discount (60+)
-----------------	-------------------	---------------------	--------------------------