

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00-9:00 AM Slow Flow Yoga Moe/Sarah	8:00-9:00 AM Slow Flow Yoga Moe/Sarah	8:00-9:00 AM Vinyasa Yoga Moe		
	8:30-9:15 AM Total Body Sculpt Marlo		8:30-9:30 AM Vinyasa Yoga Moe (downstairs, Starts NOV 19th)		8:30-9:15 AM Total Body Sculpt Marlo	
9:30-10:30 AM Hatha Yoga Sarah/Moe	9:25-10:10 AM Hatha-Vinyasa Yoga Marlo	9:30-10:30 AM Gentle Yoga Sarah	9:30-10:30 AM Gentle Yoga Sarah	9:30-10:30 AM Gentle Yoga Mariana	9:30-10:30 AM Vinyasa Yoga Moe	
11:00-12:00 PM Gentle Yoga Sarah/Moe	11:00-12:00 PM Slow Flow—Moe Chair Yoga—Monica (downstairs)	11:00-12:00 PM Hatha Yoga Sarah	11:00-12:00 PM Hatha Basics—Sairsha Chair Yoga—Moe (downstairs)	11:00-12:00 PM Slow Flow Yoga Mariana	11:00-12:00 PM Slow Flow—Lacey Gentle—Sarah/Moe (downstairs)	
12:30-1:30 PM Vinyasa Yoga Moe (Starts NOV 23rd)	12:30-1:30 PM Vinyasa Yoga Monica	12:30-1:30 PM Vinyasa Yoga Moe	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]	 November 2025	
		7:30-8:30 PM Vinyasa Yoga Lacey		7:40-8:40 PM Tai Chi Peter [Registration Required]		



**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?**

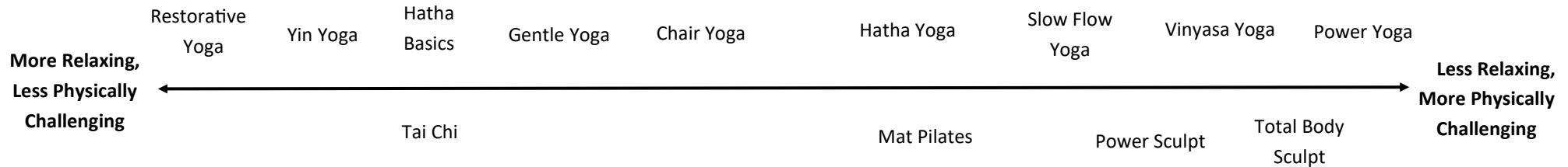
Try these classes:

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



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Membership Options

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