

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00 AM Vinyasa Yoga Rebekah	8:30-9:45 AM Vinyasa Yoga Moe (Starts 10.5)	8:00-9:00 AM Slow Flow Yoga Lena	8:00-9:00 AM OUTDOOR Slow Flow Moe	8:00-9:00 AM Vinyasa Yoga Rebekah	8:30-9:45 AM Vinyasa Yoga Moe	8:00-8:50 AM Vinyasa Yoga Pamela
9:30-10:30 AM Slow Flow Yoga Rebekah	9:30-10:30 AM OUTDOOR Vinyasa Moe (Ends 9.26)	9:30-10:30 AM Gentle Yoga Pamela	9:30-10:30 AM Vinyasa Yoga Megan/Pamela	9:30-10:30 AM Gentle Yoga Mariana	9:30-10:30 AM OUTDOOR Vinyasa Moe (Ends 9.25)	
11:00-12:00 AM Gentle Yoga Lena	11:00-12:00 PM Slow Flow—Moe Chair Yoga—Monica (downstairs)	11:00-12:00 PM Hatha Yoga Pamela	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 Yoga—Moe (downstairs)	
	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		1:15-2:15 PM Hatha Yoga Monica
			4:00-4:50 PM Vinyasa Yoga Lacey (Starts 10.7)	4:00-5:00 PM Hatha Basics Sairsha		
5:30-6:30 PM Restorative Yoga B		4:45-5:45 PM Hatha Basics Sairsha		5:15-6:15 PM Yogalates Lacey	5:30-6:30 PM Hatha Basics Sairsha	
		6:00-7:00 PM Total Body Sculpt Lacey		6:30-7:30 PM Tai Chi Peter [Registration Required]		
				6:45-7:45 PM OUTDOOR Slow Flow Lacey (Ends 9.29)		
		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?**

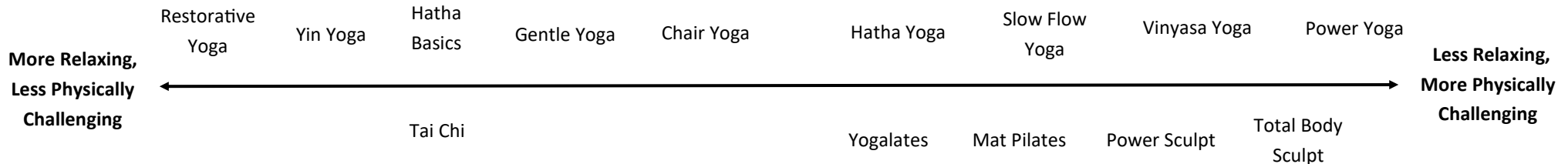
Try these classes:

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
Yogalates
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+)
-----------------	-------------------	---------------------	--------------------------