



## September Weekly 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00-9:00 AM Outdoor Hatha/Vinyasa Marlo	8:00-9:00 AM Slow Flow Yoga Moe	8:00-9:00 AM Outdoor Slow Flow Yoga Moe	8:00-9:00 AM Vinyasa Yoga Moe		
9:30-10:30 AM Total Body Sculpt Olivia	9:30-10:30 AM Slow Flow Yoga Moe/Marlo	9:30-10:30 AM Gentle Yoga Sarah E.	9:30-10:30 AM Vinyasa Yoga Moe	9:30-10:30 AM Gentle Yoga Mariana	9:30-10:30 AM Outdoor Vinyasa Yoga Jim	9:30-10:30 AM Yoga Basics Mariana
11:00-12:00 PM Gentle Yoga Sarah E.	11:00-12:00 PM Vinyasa Yoga Moe/Marlo --- Chair Yoga (downstairs) Monica	11:00-12:00 PM Hatha Yoga Sarah E.	11:00-12:00 PM Gentle Yoga Moe	11:00-12:00 PM Slow Flow Mariana --- Chair Yoga (downstairs) Moe	11:00-12:00 PM Slow Flow Yoga Jim	11:00-12:00 PM Gentle Yoga Mariana
		6:00-7:00 PM Total Body Sculpt Olivia	5:30-7:00 PM Salsa Dance-Adult *registration required			
	7:30-8:30 PM Restorative Yoga Moe (Starts 09.11)	7:30-8:30 PM Vinyasa Yoga Moe (Starts 09.19)	7:15-8:45 PM Salsa Dance-Adult *registration required	7:15-8:15 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?**

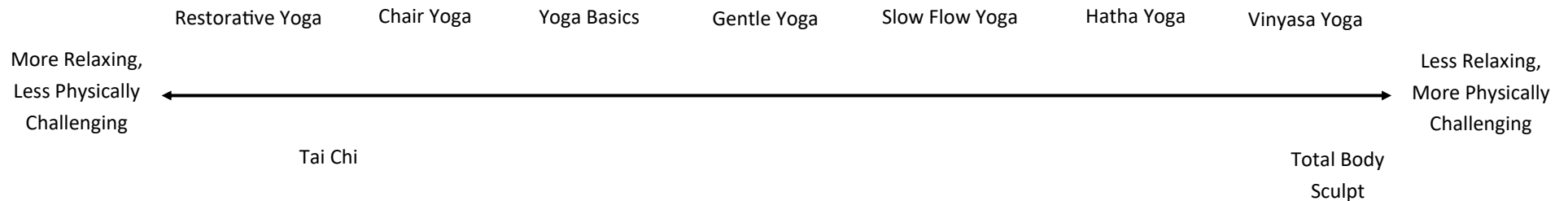
**Try these classes:**

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](http://www.mcfetridgesportscenter.com/wellness)  
[yoga@mcfetridgesportscenter.net](mailto:yoga@mcfetridgesportscenter.net)  
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## Membership Options

Drop-in  
\$12

One Month  
\$70

Two Months  
\$120

Senior Discount (60+)  
50% off