

# Yoga Balance

## CLASS SCHEDULE (as of July 2016)

### TUESDAY

|                    |   |
|--------------------|---|
| 9:30 AM - 10:30 AM | GENTLE/BASIC ( <i>Heather Eisenhour</i> )   |
| 5:45 PM - 6:45 PM  | BASIC ( <i>Bekka Herrington</i> )           |
| 7:00 PM - 8:00 PM  | BASIC ( <i>Lisa McKernan - until 7/19</i> ) |

### WEDNESDAY

|                     |                             |
|---------------------|-----------------------------|
| 9:00 AM - 10:00 AM  | BASIC                       |
| 11:00 AM - 12:00 PM | STRETCH, STRENGTH & BALANCE |
| 7:15 PM - 8:15 PM   | BASIC                       |

### THURSDAY

|                   |  |
|-------------------|--|
| 7:00 PM - 8:15 PM | RESTORATIVE YOGA ( <i>Melissa DeNapoli</i> ) |
|-------------------|--|

### FRIDAY

|                    |       |
|--------------------|-------|
| 9:00 AM - 10:00 AM | BASIC |
|--------------------|-------|

### SATURDAY

|                    |                   |
|--------------------|-------------------|
| 9:00 AM - 10:00 AM | BASIC             |
| 9:30 AM - 10:30 AM | SPECIAL EVENTS ** |

\*\* YOGA in the PARK- July 16 & Aug 13 - (Central Park Pavillon, Grayslake)

For your first class, please arrive 15 minutes early to complete registration forms and discuss any questions or issues you may have.

A single class (or drop in) is \$10. A 10 class pack is \$90.  
Summer special: 5 class passes for \$40.

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