

Yoga Balance

CLASS SCHEDULE (as of June 2016)

TUESDAY

9:30 AM – 10:30 AM	GENTLE/BASIC (<i>Heather Eisenhour</i>)
5:30 PM – 6:30 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>)
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FRIDAY

9:00 AM – 10:00 AM	BASIC
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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.

Lisa McKernan

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