

Yoga Balance

CLASS SCHEDULE (effective MAY 20, 2019)

TUESDAY

9:30 AM - 10:30 AM	GENTLE/BASIC FLOW
5:30 PM - 6:30 PM	GENTLE/BASIC
7:15 PM - 8:15 PM	OUTDOOR YOGA **

THURSDAY

9:30 AM - 10:30 AM	YOGA WITH STRENGTHENING
12:00 PM - 1:00 PM	GENTLE/BASIC
6:30 PM - 7:30 PM	RESTORATIVE YOGA (<i>Melissa DeNapoli</i>)

FRIDAY

9:30 AM - 10:30 AM	GENTLE/BASIC
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SATURDAY

9:00 AM - 10:00 AM	GENTLE/BASIC FLOW
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**** at Jones Island Park in Grayslake (June 11, 18, 25 and July 9, 16, 23)**

For your first class, please arrive 10 minutes early to complete registration forms and discuss any questions or issues you may have.

A single class (or drop in) is \$12. 5 class pack for \$55. 10 class pack for \$100. A monthly package (unlimited classes) is available for \$75. 10% discount on class packages for Seniors (65+) and for new students on their 1st visit.

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