

Virtual And In-Person Class Schedule May, 2022

Limited classes in May . Sign up for weekly newsletter to register for classes and to receive updates

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am		In Person Chair Yoga Community Presbyterian Church 2000 W Roosevelt Rd Broadview IL 60155 FREE Class				
12:30pm					In-Person Gentle Yoga Hillside Library 405 N Hillside Ave Hillside IL 60162 FREE Class	
1pm	Virtual and in-Person Chair Yoga Via Zoom Elmwood Pk Library 1 Conti Pkwy Elmwood Park IL 60707 Every 2 nd and 4 th Monday FREE Class		Virtual Anything Goes Yoga Via Webex \$10 No class in May. This class will resume June 1st			
1pm	Virtual and In-Person Gentle Yoga Via Zoom Elmwood Pk Library 1 Conti Pkwy Elmwood Park IL 60707 Every 1 st & 3rd Monday FREE Class					
2pm						
6pm				In-Person All Levels Yoga Bellwood Library 600 Bohland Ave Bellwood IL 60104 FREE Class		
7pm	Virtual and/ In-Person Hatha Yoga The Yoga Centre 301 Lake St. Oak Park IL 60304 \$20 per class					