

Virtual And In-Person Class Schedule August, 2022

For more information and to register for classes, sign up for weekly newsletter

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am		In Person Chair Yoga Community Presbyterian Church 2000 W Roosevelt Rd Broadview IL 60155 FREE Class				
12pm				In Person Chair Yoga North Austin Branch Library 5724 W North Ave Chicago IL 60639 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			
1pm	Virtual and In-Person Gentle Yoga Via Zoom Elmwood Pk Library 1 Conti Pkwy Elmwood Park IL 60707 Every 1 st & 3 rd Monday FREE Class					
2pm						In Person All Levels Yoga River Forest Library 735 Lathrop Ave River Forest IL 60305 Saturday, August 13 th FREE Class

6pm

**Virtual
All Levels Yoga**

Bellwood Library
600 Bohland Ave
Bellwood IL 60104

Pre-Recorded
Thru August

FREE Class