

## Virtual And In-Person Class Schedule March, 2023

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am		<p style="text-align: center;">In Person Chair Yoga Community Presbyterian Church 2000 W Roosevelt Rd Broadview IL 60155 FREE Class</p>			<p style="text-align: center;">In Person Chair Yoga  Melrose Park Library 801 N 19<sup>th</sup> Ave Melrose Park IL  Friday, March 10<sup>th</sup> FREE Class</p>	
12pm				<p style="text-align: center;">In Person Chair Yoga  North Austin Branch Library 5724 W North Ave Chicago IL 60639  FREE Class</p>		
12:30pm		<p style="text-align: center;">In-Person Chair Yoga Maywood Library 121 S 5<sup>th</sup> Ave Maywood IL 60153  Tuesday, March 7<sup>th</sup>  FREE Class</p>			<p style="text-align: center;">In-Person Gentle Yoga  Hillside Library 405 N Hillside Ave Hillside IL 60162  FREE Class</p>	
12:30pm		<p style="text-align: center;">In Person Meditation Soundbath Maywood Library 121 S 5<sup>th</sup> Ave Maywood IL 60153  Tuesday, March 28<sup>th</sup>  FREE Class</p>				
1pm	<p style="text-align: center;"><b>Virtual and in-Person</b> Chair Yoga Via Zoom Elmwood Pk Library 1 Conti Pkwy Elmwood Park IL 60707  Monday, March 13<sup>th</sup> 27<sup>th</sup>  FREE Class</p>					
1pm	<p style="text-align: center;">Virtual and In-Person Gentle Yoga Via Zoom  Elmwood Pk Library 1 Conti Pkwy Elmwood Park IL 60707  Monday, March 6<sup>th</sup> 20<sup>th</sup>  FREE Class</p>					

2pm						<p>In Person Gentle Yoga</p> <p>River Forest Library 735 Lathrop Ave River Forest IL 60305</p> <p>Saturday, March 11<sup>th</sup></p> <p>FREE Class</p>
4pm			<p>In-Person Meditation Soundbath</p> <p>Oak Park Library 834 Lake St Oak Park IL</p> <p>Wed., March 29<sup>th</sup></p> <p>FREE Class</p>			
6pm				<p><b>Virtual</b> <b>All Levels Yoga</b> Via Zoom</p> <p>FREE Class</p>		
6pm						