

Classes subject to change. Please visit our website for the most current schedule.
SUNDAY

8:30 am	Flow	Amy W
10:00 am	Mindful Yoga	Amy S
7:00 pm	Restorative Yin	Heather

MONDAY

9:00 am	Mindful Yoga	Maureen L
10:30 am	Gentle	Maureen L
12:00 pm	Flow	Amy W
3:30 pm	Little Yogis* (ages 3-6)	Maureen C
4:15 pm	Mindfulness & Yoga After School Club* (ages 7 & up)	Maureen C
5:30 pm	Flow	Monica
7:00 pm	Heated Flow	Monica

TUESDAY

5:30 am	Flow	Jennifer
9:00 am	Flow	Liz
10:30 am	Beginner Flow	Liz
4:00 pm	Mindful Yoga	Erin
5:30 pm	Gentle	Maureen L
7:00 pm	Meditation & Yoga	Carly
8:30 pm	Restorative	Katie

WEDNESDAY

9:00 am	Flow	Monica
10:30 am	Mindful Yoga	Alice
5:30 pm	Mindful Yoga with Yoga Tune Up® Therapy Balls	Monica
7:00 pm	Flow	Jennifer

THURSDAY

5:30 am	Flow	Katie
9:00 am	Flow	Jackie
10:30 am	Gentle	Maureen L
4:00 pm	Restorative	Erin
5:30 pm	Flow	Liz
7:00 pm	Mindful Yoga	Alice
8:30 pm	Candlelight Yoga	Liz

FRIDAY

7:30 am	Mindful Yoga	Carly
9:00 am	Mindful Yoga	Suzan
10:30 am	Meditation	Lisa
4:00 pm	Flow	Liz
5:30 pm	Restorative	KT

SATURDAY

7:30 am	Heated Flow	Monica
9:00 am	Flow	Kenya
9:00 am	Mindful Yoga (held at CPS)	Maureen L
10:30 am	Mindful Yoga	Alice
12:00 pm	**Introduction to Yoga	Staff
1:30 pm	Deepening Your Practice <i>Check website class schedule for dates</i>	Staff

*Children's classes are now weekly ongoing (no longer held in sessions). Children on the borderline age of a class please email the Beverly Yoga Center.

**These classes run in sessions. Registration is required and available online.

Please check the website to ensure class is being held.

CPS = Center for Psychological Services
10735 S. Cicero Ave, 2nd floor, Oak Lawn, IL 60453

INTRODUCTION TO YOGA

Perfect for anyone who is new to yoga! This 4-week session provides a solid foundation in the essential yoga poses. Each session builds on the previous week's class, allowing you to absorb and apply what you've learned so that you'll feel prepared for our ongoing classes. Classes are 75 minutes. *Registration required and is available online.*
\$60, 4-week session

Saturdays 12:00 – 1:15pm

Sessions begin... January 7, February 4, March 4

CLASS PRICING

Walk-in Class \$18

High School & College Student \$14

New Student Unlimited \$59 for 30 days

MONTHLY Auto-Renew - with perks! \$99

Monthly Memberships are perfect for anyone who attends class twice a week or more. The more you attend, the better the deal. As a member you will receive discounts on BYC workshops and special classes, and discounts at several local businesses. Monthly memberships are valid for any weekly ongoing class on our schedule. Available for purchase online only by credit card. Monthly memberships are for one person only and cannot be shared.

Class Package

10 Classes \$140 (\$14 ea)

Expires in 6 months.

Class package may be shared.

Little Yogi's & Mindfulness and Yoga After School Club

6 Classes \$60 (\$10 ea)

Expires in 3 months.

Class package may be shared with friends and family in other kids and tween classes.

PRIVATE YOGA INSTRUCTION

\$75 per session

\$20 for each additional person

Children's Yoga Party

\$250 for 2 hours - *Contact us for more information*

