

7252 W Foster Ave
Chicago, IL 60656



708-762-3362
EvolveYogafitness.org

CLASS SCHEDULE

Monday

- **8:30 AM Yoga**
- **10:00 AM Gentle Cycling**
- 5:00 PM Full Body HIIT
- 6:15 Mat Pilates

Tuesday

- **8:30 AM Yoga**
- **10:00 AM Chair Yoga**
- 5:30 PM Spin/Cycling
- 6:15 Spin/Cycling
- 7:30 PM Candle light Yoga

Wednesday

- **9:15 Yoga**
- **10:30 Strength Training**
- 5:00 Zumba
- 6:15 Total Body Fitness

Thursday

- **8:30 Yoga**
- **10:00 Chair Yoga**
- 5:30 Spin/Cycling
- 6:15 Spin/Cycling

Friday

- 6:15 PM Restorative Yoga

Saturday

- 9:00 Spin/Cycling
- 10:30 Total Body Fitness

Sunday

- 9:00 Sunday Morning Yoga
- 10:30 Zumba

*Bold Classes are
Silver Sneakers and Renew Active Eligible*

CLASS PRICES

- **Drop-in:** \$24
- **Class Pack:** (4 Classes): \$92
- **Class Pack:** (8 Classes): \$170
- **30 Days Unlimited:** \$110.00
- **Monthly Contract:** \$99.00
- **SilverSneakers** (Call)

PERSONAL TRAINING SERVICES

- **Personal Training:** \$65/Hr
- **Semi-Private Lesson:** \$85/Hr
- **Personal Training 4 Pack:** \$220
- **Semi-Private Lesson 4 Pack:** \$250



- *Contract members receive discount on all services*
- *Semi-Private Classes (Accommodates up to 3 people)*

SEMI-PRIVATE CLASSES



VARIETY OF CLASSES



SILVER SNEAKERS AVAILABLE



SPIN/CYCLING (*NEW)



PRIVATE CLASSES

