

7252 W Foster Ave  
Chicago, IL 60656



708-762-3362  
EvolveYogafitness.org

## CLASS SCHEDULE

### Monday

- **8:30 AM Yoga**
- **10:00 AM Gentle Cycling (30)**
- 5:00 PM Full Body HIIT
- 6:30 PM Restorative Yoga

### Tuesday

- **8:30 AM Yoga**
- **10:00 AM Chair Yoga**
- 5:45 PM Spin/Cycling (30)
- 6:30 Mat Pilates
- 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 (30)
- 6:15 Restorative Yoga

### Friday

- 6:15 PM Restorative Yoga

### Saturday

- 9:00 Spin/Cycling (45)
- 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:** \$250
- **Semi-Private Lesson 4 Pack:** \$270



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

## SEMI-PRIVATE CLASSES



## VARIETY OF CLASSES



## SILVER SNEAKERS AVAILABLE



## SPIN/CYCLING (\*NEW)



## PRIVATE CLASSES

