

Sportsplex

VILLAGE OF ORLAND PARK

Aerial Yoga



SIGN UP TODAY!

Stretch further and hold challenging poses longer using a flowing fabric yoga hammock. One can gain strength, flexibility, and focus through this class. Private classes available upon request. Class times vary so please call or visit our website for a full listing.

SESSION I — JAN. 4 - FEB. 14

PROGRAM#:	DAY:	TIME:	PROGRAM#:	DAY:	TIME:
76295	Su	10:00 AM to 10:50 AM	76299	Th	12:00 PM to 12:50 PM
76296	M	7:00 PM to 7:50 PM	77231	F	12:00 PM to 12:50 PM
76297	Tu	10:30 AM to 11:20 AM	77228	Sa	7:00 AM to 7:50 AM
76298	W	8:00 PM to 8:50 PM			

SESSION II — FEB. 15 - MAR. 28

PROGRAM#:	DAY:	TIME:	PROGRAM#:	DAY:	TIME:
76300	Su	10:00 AM to 10:50 AM	76304	Th	12:00 PM to 12:50 PM
76301	M	7:00 PM to 7:50 PM	77232	F	12:00 PM to 12:50 PM
76302	Tu	10:30 AM to 11:20 AM	77229	Sa	7:00 AM to 7:50 AM
76303	W	8:00 PM to 8:50 PM			

SESSION III — MAR. 29 - MAY 16

PROGRAM#:	DAY:	TIME:	PROGRAM#:	DAY:	TIME:
76307	Su	10:00 AM to 10:50 AM	76311	Th	12:00 PM to 12:50 PM
76308	M	7:00 PM to 7:50 PM	77233	F	12:00 PM to 12:50 PM
76309	Tu	10:30 AM to 11:20 AM	77230	Sa	7:00 AM to 7:50 AM
76310	W	8:00 PM to 8:50 PM			

\$90.00 (R) / \$135.00 (N) / \$85.00 (M)

CLASSES LIMITED TO 7 PARTICIPANTS, REGISTER TODAY.

Village of Orland Park Board of Trustees

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