

Flyyoga

Sportsplex

VILLAGE OF ORLAND PARK

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

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

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



CLASSES LIMITED TO 7 PARTICIPANTS, REGISTER TODAY.



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