



688 Vernon Avenue, Glencoe, IL • 847-786-4211 • reachyogaglencoe.com

MONDAY

6:00-7:00am	Vinyasa Flow	Level 1-2	Debbie M.
8:15-9:15am	Vinyasa Flow	Level 1-2	Lauri S.
9:30-10:45am	Vinyasa Flow	Level 1-2	Deb W.
11:00-12:15pm	Hatha	Level 1	Mary A.
11:00-12:15pm	Takiff Center: Gentle Flow <i>new</i>	Basics	Judy R.
1:15-2:15pm	Basics & Beyond	Basics	Beth M.
5:15-6:15pm	Vinyasa Flow	Level 1	Mia C.
6:30-7:45pm	Vinyasa Flow	All Levels	Cheri W.

TUESDAY

6:00-7:00am	Vinyasa Flow	Level 2	Steph M.
8:15-9:15am	Vinyasa Flow	Level 1-2	Pam M.
9:30-10:45am	Vinyasa Flow	Level 2	Laura M.
11:00-12:15pm	Basics & Beyond	Basics	Linda O.
1:15-2:15pm	Vinyasa Flow	Level 1-2	Brooke P.
5:15-6:15pm	Vinyasa Flow	Level 1	Judy R.
6:30-7:30pm	Vinyasa Flow	All Levels	Beth M.

WEDNESDAY

6:00-7:00am	Vinyasa Flow	Level 1-2	Pam M.
8:15-9:15am	Vinyasa Flow <i>new</i>	Level 2	Debbie M.
9:30-10:30am	Vinyasa For All	All Levels	Zoe N.
11:00-12:30pm	Classical Hatha	Level 2	Paul W.
1:00-2:15pm	Gentle Yoga	Basics	Mary A.
5:15-6:15pm	Vinyasa Flow	Level 1-2	Megan M.
6:30-7:30pm	Yoga for Working Stiffs	Basics	Shalaka T.

This schedule includes weekly classes in the Reach Yoga studio, unless marked otherwise. Schedule subject to occasional change. Please visit reachyogaglencoe.com or use the MindBody app for the most current schedule.

This schedule updated 11/07/2018

THURSDAY

6:00-7:00am	Warm Vinyasa Flow	Level 2	Steph M.
8:15-9:15am	Vinyasa Flow	All Levels	Zoe N.
9:30-10:45am	Basics & Beyond <i>new</i>	Basics	Linda O.
11:00-12:15pm	Takiff Center: Gentle Flow <i>new</i>	Basics	Judy R.
11:30-12:30pm	Vinyasa Flow	Level 2	Chelle C.
1:30-2:30pm	Vinyasa Flow	Level 1	Julie L.
5:15-6:15pm	Vinyasa Flow <i>new</i>	Level 1-2	Becky C.

FRIDAY

6:00-7:00am	Vinyasa Flow	Level 2	Laura M.
8:15-9:15am	Vinyasa Flow	Level 1-2	Mia C.
9:30-10:45am	Vinyasa Flow	Level 2	Jenny GB
11:00-12:15pm	Basics & Beyond	Basics	Laura F.
1:30-2:30pm	Vinyasa Flow	Level 2	Erika B.
5:15-6:15pm	Basics & Beyond	Basics	Allison H.

SATURDAY

6:30-7:30am	Vinyasa Flow	Level 2	Laura M.
8:00-9:15am	Warm Vinyasa Flow	Level 2	Lauri S.
9:30-10:45am	Vinyasa Flow	Level 1-2	Mia C.
11:00-12:15pm	Basics & Beyond	Basics	Kathy P.
12:30-1:30pm	Vinyasa Flow	Level 1	Bailey S.
4:00-5:15pm	Hatha	Level 1	Mary A.

SUNDAY

8:00-9:15am	Basics & Beyond <i>new</i>	Basics	Zoe N.
9:30-10:45am	Warm Vinyasa Flow	Level 2	Pam G.
11:00-12:15pm	Classical Hatha	Level 1-2	Paul W.
3:00-4:00pm	Vinyasa Flow	Level 1	Shawna D.
4:15-5:30pm	Vinyasa Flow	Level 1-2	Megan M.



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BEGIN (OR REFRESH) A YOGA PRACTICE

DAY/TIME	PROGRAM	LOCATION	INSTRUCTOR
Tue 9:30-10:30am 9/11 - 11/20	Yoga for Athletes	Winnetka Community House (620 Lincoln)	Cheri W.
Sat 8:00-10:00am 11/10	Yoga Foundations	Takiff Center (999 Green Bay Rd)	Julie L.
Tue 9:30-10:30am 11/27 & 12/4	Yoga for Athletes	Unify Fitness (664 Vernon)	Cheri W.
Sat 8:00-9:15am 12/1 - 12/22	Yoga Basics & Beyond	Takiff Center (999 Green Bay Rd)	Stephie F.
Mon 1:30-2:30pm 1/14, 1/28, 2/4, 2/11	Beginner Series	Unify Fitness (664 Vernon)	Lauri S.

TEACHER TRAINING (200 HOURS)

DAY/TIME	PROGRAM	LOCATION	INSTRUCTOR
Sun, 11/11 12:30-1:30pm	Teacher Training Information Session	Reach Yoga Studio	Paul Weitz
Thu, 11/29 6:30-8:00pm	Teacher Training Information Session	Reach Yoga Studio	Deb Wineman
January - December 2019	Teacher Training (200 Hours)	Thu 6:30-8:30pm; 10 Weekends Sat/Sun 11-4	Sharyn Galindo, Paul Weitz, Deb Wineman

SPECIAL EVENTS & WORKSHOPS

DATE(S) / TIME	PROGRAM	LOCATION	INSTRUCTOR
Sat, 11/24 2:00-3:15pm	Pause.Restore.Reset	Reach Yoga Studio	Colleen Yeloushan
Sun, 11/25 1:00-2:15pm	Restorative Yoga	Reach Yoga Studio	Laura Friedman
Thu, 12/6 7:00-8:00pm	Gong Bath	Reach Yoga Studio	Richard Rudis
Sat, 12/8 2:00-3:30pm	Yoga for Anxiety	Reach Yoga Studio	Kali Om
Thu, 12/13 6:30-7:30pm	Mindful Meditation	Reach Yoga Studio	Jeffrey Bunn
Sun, 12/30 1:00-2:15pm	Restorative Yoga	Reach Yoga Studio	Laura Friedman
Mon, 12/31 4:30-5:45pm	NYE Yoga & Live Music	Reach Yoga Studio	Mia Cutler & Chad Berardi

Find details online. Please register in advance for events & series, in the studio or online.

• THIS SCHEDULE EFFECTIVE 11/07/18 •