



YOGA at the Northfield Community Center



North Shore Yoga
Awakening mind, body & spirit

VINYASA FLOW

Wednesdays, 7:00PM
Thursdays, 8:00AM

In these open-formatted vinyasa flow classes, the instructor will match the class to the needs of the students. Some yoga experience is recommended and a moderate level of physical conditioning is required.
Ages 18+

WEDNESDAYS, 7PM

Instructor: North Shore Yoga, Becky Pontarelli

THURSDAYS, 8AM

North Shore Yoga, Amy Hepburn

JANCY JEROME YOGA

GENTLE YOGA

Mondays
9:30AM

A gentle yoga class focusing on breathing, alignment and creating space in both mind & body.



Purchase a punch pass directly from Jancy.

YOGA CLASS PRICING

Single class drop-in	\$20
10 class punch pass	\$170
Senior 10 class punch pass (65 years+)	\$153

Separate punch passes are sold for North Shore Yoga classes and Jancy Jerome Yoga. Purchase your North Shore Yoga single class or punch pass at the Northfield Community Center front desk.

For Jancy's Monday class, purchase directly through Jancy.

Northfield Park District

401 Wagner Road, Northfield
847.446.4428