



YOGA at the Northfield Community Center

401 Wagner Road, Northfield 847.446.4428



North Shore Yoga

Awakening mind, body & spirit

VINYASA FLOW

In this open-formatted vinyasa flow class, 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

PRENATAL YOGA

Yoga is an excellent way to prepare the body for all of the changes it goes through during pregnancy. It prepares a woman physically, mentally and emotionally for the natural process of childbirth. By increasing strength, stamina, flexibility and body awareness while reducing fatigue, prenatal yoga aims to help women feel fit and strong and well-prepared for childbirth. Practicing after pregnancy allows you to regain abdominal tone and body strength. Postpartum concerns such as neck, shoulder and lower back tension are addressed. Prenatal classes provide a forum to share information, support, birthing and parenting tips!

SUNDAYS, 11:00AM-12:15PM

Instructor: North Shore Yoga, Julie Gordon

JANCY JEROME 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.