

## FREE EXERCISE & YOGA PROGRAMS

*3 Days per Week via Zoom!*



### Yoga for Balance with Janèe Powell

**Mondays and Thursdays, 8–9am Central Time**

Yoga sessions incorporate gentle stretching, breath work, modified yoga poses and relaxation. Come breathe, relax, move, and have fun with your friends and neighbors at the Chicago Hyde Park Village! Classes improve strength and balance and take place either on a floor mat or chair. No prior experience is necessary.

### Exercise with Wesley Pulphus

**Fridays, 10–11am Central Time**

Coach Wesley has been coaching for over 24 years. He is a personal trainer for several CHPV members. His simple approach to fitness specializes in mindset, flexibility, balance, and accountability training.



There is no cost to participate in Chicago Hyde Park Village's yoga and exercise classes.


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