



**GILDA'S CLUB
CHICAGO**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Register



JOIN US AT THE

DOWNTOWN CLUBHOUSE

537 N. WELLS | CHICAGO

MONDAYS

Hatha Yoga (<i>streaming</i>)	Weekly	9:00 - 10:00 AM
T'ai Chi (<i>streaming</i>)	Weekly	10:00 - 11:00 AM
Line Dancing	1st & 3rd Mondays	12:00 - 1:00 PM
Gentle Vinyasa Flow	2nd & 4th Mondays	12:00 - 1:00 PM

TUESDAYS

Brain Fitness (<i>streaming</i>)	1st & 3rd Tuesdays	10:00 - 11:00 AM
T'ai Chi Chih (<i>streaming</i>)	2nd Tuesday	10:00 - 11:00 AM
Strength, Fitness & Fun!	1st & 3rd Tuesdays	11:00 - 12:00 PM
Sound Healing Meditation	1st & 3rd Tuesdays	12:30 - 1:30 PM
Jewelry Making & Beading	1st & 3rd Tuesdays	1:30 - 2:30 PM
Dungeons & Dragons: Healing Quests	Every other week <i>check calendar for dates</i>	1:30 - 3:00 PM
Dynamic and Playful Yoga	1st & 3rd Tuesday	4:30 - 5:30 PM
Restore & Flow Yoga	2nd Tuesday	6:00 - 7:00 PM

WEDNESDAYS

Group Reiki	1st & 3rd Wednesdays	10:00 - 11:00 AM
Individual Reiki (<i>30 minute sessions</i>)	1st & 3rd Wednesdays	11:00 - 12:00 PM
Gentle Yoga	1st & 3rd Wednesday	4:00 - 5:00 PM

THURSDAYS

Mind.Body.Soul.	1st Thursday	12:00 - 1:30 PM
Shiatsu Massage (<i>45 minute sessions</i>)	2nd & 3rd Thursdays	11:00 - 2:00 PM

FRIDAYS

Individual Reiki (<i>30 minute sessions</i>)	1st & 3rd Fridays	9:00 - 11:00 AM
Gilda's Groove (<i>Drumming Circle</i>)	1st & 3rd Fridays	11:00 - 12:00 PM
Meditación en Español	4th Friday	12:30 - 1:30 PM

SATURDAYS



Saturday LIVE!

Join us every other month for **FREE** family friendly activities including art and movement, light breakfast, and meet fellow community members.

2026 Dates: February 14, April 11, June 13, August 8, October 10, December 12

Sound Healing	10:30 AM - 11:30 AM
Caring Arts	11:00 AM - 1:00 PM
Embodied Yoga	12:00 PM - 1:00 PM