

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
12:00PM - 1:00PM YIN YOGA & SOUND MEETING ROOM ALEJANDRA (16)	12:45PM - 1:45PM GRIT60 YARD HEATHER (12)	9:00AM - 10:00AM FLOW & BALANCE YOGA MEETING ROOM ALEJANDRA (20)	12:45PM - 1:45PM GRIT60 YARD HEATHER (12)
12:45PM - 1:45PM GRIT60 YARD HEATHER (12)	6:30PM - 7:30PM GAINZ YARD MARCELLUS		6:30PM - 7:30PM GAINZ YARD MARCELLUS



GRIT60



GRIT60 is designed exclusively for women looking to build strength, confidence, and endurance in a supportive, empowering environment.



GAINZ



Build confidence & achieve new personal records in this specialized group training class will focus on weight training & three main lifts: Bench Press, Squat, and Deadlift!



FLOW AND BALANCE



FLOW AND BALANCE links breath with slow challenging movement through smooth transitions between postures, helping improve balance and body control.



YIN YOGA & SOUND



YIN YOGA & SOUND combines slow-paced movements and deep-held stretches using different props while listening to the sound of instruments.

Drop In Prices:

Members - \$10

Non-Members - \$15

DISCOUNTED PRICES FOR REGISTERING FOR AN ENTIRE MONTH

FEE BASED AND REQUIRE PAYMENT AT TIME OF REGISTRATION.



RESERVE YOUR SPOT ONLINE