



Fusion-style group exercise class that features move-ments inspired by, but not limited to, various styles of Pilates and Yoga.

First class free

Cost: \$10 per class



BOOT CAMP Saturdays 7:30-8:30AM

Interval Training \$10 a class, pay as you go

Bring: Yoga Mat and Water bottle

Email Questions: Carla@ Carlahangevine@hotmail.com