Western Meadows

Yoga and Pilates

BASIC TO ADVANCED CLASSES

TAUGHT IN THE TRADITION OF ANUSARA YOGA AND STOTT PILATES

WWW.FITINFITNESS.COM

Work and improve posture with alignment principles, flexibility and overall well-being

Learn Pilates techniques which concentrate on core abdominal and back strength

Experience shoulder and hip stabilization through Yoga and Pilates techniques

Learn to optimally utilize the power of your breath

Improve functional everyday movement, athletic performance joint health, and post-rehabilitation

WWW.FHYOGA.COM

PREREGISTER NOW!

PURCHASE 8 CLASSES @ $80.00 OR 16 CLASSES @ $150

STUDENT DISCOUNT, AGES 13~17, 8 SESSIONS @ $56.00 OR $10 PER CLASS

CLASS TIMES

(CLASSES ARE 75 TO 90 MINUTES)

MONDAY *@5:30p.m/Basic Yoga*

TUESDAY *@10a.m./All Levels Yoga*

WEDNESDAY *@5:30p.m./Yoga with Pilates*

FRIDAY *@10a.m./All Levels Yoga*

SUNDAY *@10a.m./Gentle All Level Yoga*

MORE CLASSES TO COME!

Western Meadows Yoga and Pilates

LOCATION: 4015 W. TOPEKA DR

(LARGE FITNESS STUDIO LOCATED IN BACK)

CONTACTS

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