

# NEW YOGA CLASSES

at  **BodyVibe**  
STUDIO



**Starting**  
**Monday, Oct. 22!**

## **MONDAYS, 6:00PM**

Healthy Happy Hour -  
You'll wish you had a  
bottle of the way  
you'll feel after this  
class!

## **WEDNESDAYS, 7:45AM**

Get Up & Glow - Get  
centered and  
balanced in order to  
shine your light  
forward through the  
rest of the week.

## **FRIDAYS, 7:45AM**

Flexi Friday -  
Bend, twist, and  
stretch yo'self right  
into the weekend.  
Fridays fly by after  
this class!

Drop in: \$12 per class. Open to all ages and levels.  
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Brought to you by RYT 200 Yogina Kristina  
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