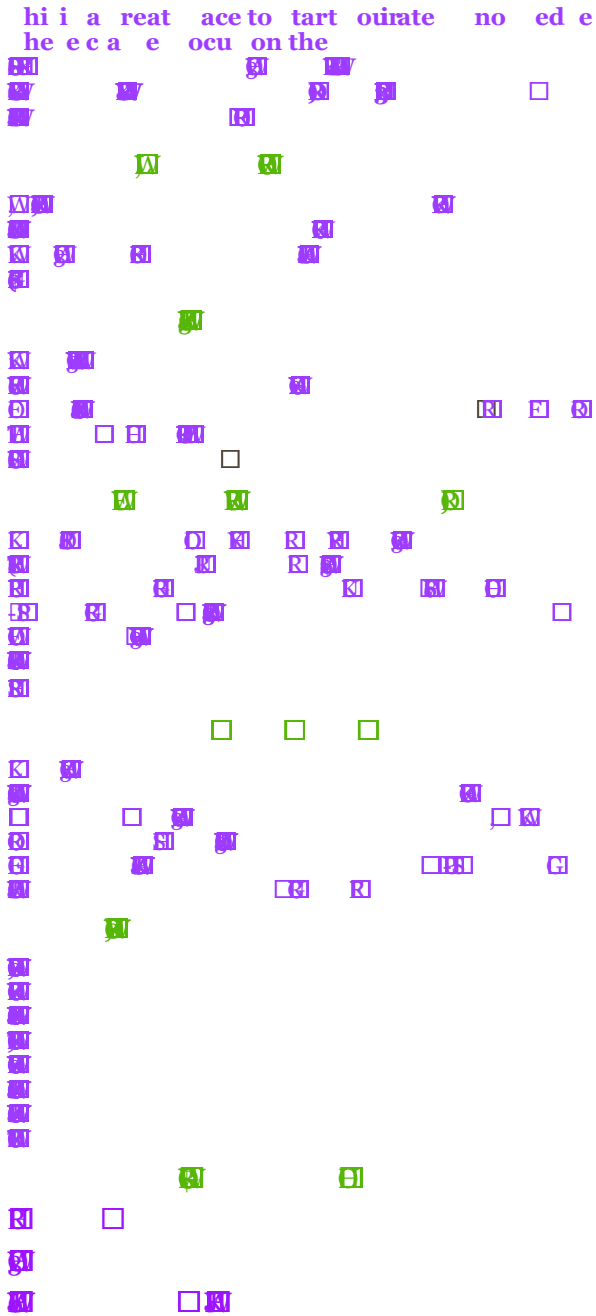


former, order, foundation, breathe



Group Classes
Auto-Pay, 3 month commitment

30 Day Group Class Pass
Sorry, no rollovers.

Getting Started
\$50.00 5 Group Classes

Getting Stronger
\$125.00 10 Group Classes

Limited Monthly Group Class Packages
MUST be used in full within
30 Days from your first group class.
Sorry No Roll Over



Getting Confident
Auto-Pay, 3 month commitment

Unlimited
Group Classes
\$129.00



Private Sessions

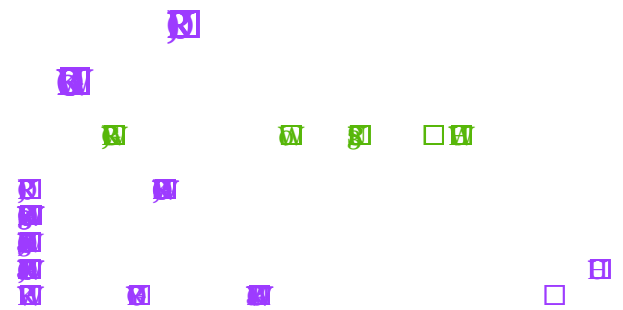
1 Private Session \$ 0.00
5 Private Sessions \$375.00
10 Private Sessions \$650.00



Duet
\$30.00 per person



State Sales Tax Applicable.



After Moving
You will finish with a mindful meditation centering and calming the mind.

Barre: Pilates, Yoga, Dance emphasis

If you have never taken a Barre Class, this will set your standard. Barre is a mix of several Barre Certification that our instructor, Julie Above, Total Barre, Balletone, Yoga Barre. Get ready to step up to the Barre and work your whole body, challenging your balance, control of movement, focus and concentration.

Stability - Bodhi Suspension

Awaken The Bodhi system is a 1, 2, 3, 4-point suspension system. You will start with the 1 - 2 point suspension to create the muscle memory and build strength. As you build strength, gain control and stability, the level of complexity will increase as you build endurance.

Reformer: Concentration

If you think you have to take reformer class the reformer thing gain reformer Concentration is based on the reformer repertoire by barre on the mat. Floor work classes are the most involved, it is just you and gravity.

Strength & Surrender ~Yoga

Warming up the body with gentle stretching and mindful movement flowing into 30 minutes of power flow, breathe to movement and core. Working up a sweat through our power sequence we will then begin to cool down and use props to support more restorative postures.

Additional Classes

Yoga Classes

Yoga Flow
Restorative Yoga
Deep Relaxation Yoga