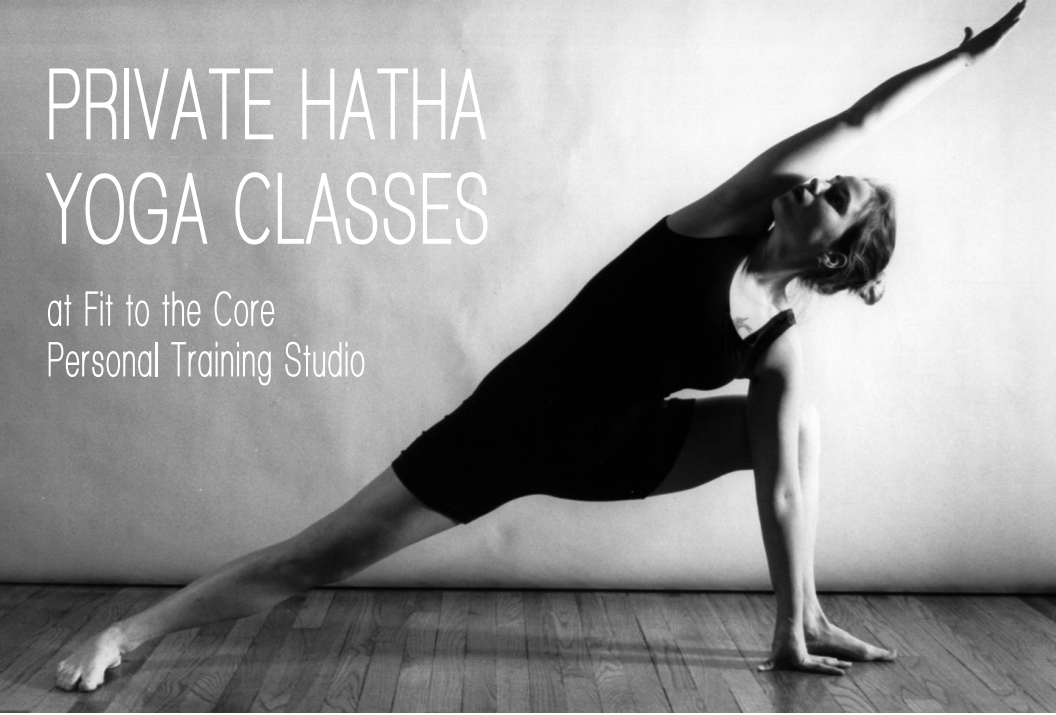


PRIVATE HATHA YOGA CLASSES

at Fit to the Core
Personal Training Studio



Introducing Carol Bianco

We are pleased to introduce an exceptionally experienced and talented Yoga instructor, Carol Bianco. She will teach yoga sessions in our studio space. We are fortunate to have Carol who is able to lead students of all abilities as an excellent addition to our personal fitness programs.

FALL YOGA PROGRAM

Tuesday & Thursdays | 5:30-6:30pm

Each class session is a whole body experience, combining the best of several yoga styles. The classes are not your daughters spandex conscious, competitive yoga class. Come in comfortable work out gear and bring a yoga mat. This is a course of progressive learning and practice over 4 weeks.

Sign Up Now

October classes are limited to 6 students so sign up today!

For more information and sign-up visit us out at Fitcore253.com
Fit to the Core Training | 811 S. 336th St. | Federal Way, WA 98003 | 253 517-7026