



SCHEDULE OF CLASSES

MONDAY 9-10AM Bodyweight Strength Training

TUESDAY 9-10AM Yoga

WEDNESDAY 9-10AM Bodyweight Strength Training

THURSDAY 9-10AM Yoga

Bodyweight Strength Training

For Bodies Who've Had Babies—and EveryBody.

This class is designed to build strength in a supportive, all-levels environment. Build functional strength with an emphasis on correct form, core activation, and exercise considerations for pelvic floor issues, Diastasis Recti, pain, and post birth strength recovery. *Please email if you would like to bring babies or children.

Yoga

Whether you're brand new to yoga or an experienced practitioner, this Hatha Yoga practice meets you where you are. Based on the 26 & 2 yoga series (not taught in high heat) it provides a full-body tune-up and is taught using a step-by-step posture building approach.

\$15 single class/Class

8 Class punch Pass \$100

Payment assistance always available

LEARN MORE AT WWW.PACIFICNORTHWESTBODYWORK.COM

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