

FLEXIBILITY FOR WARRIORS

Stretch Your Potential

TIM BISHOP'S
PerformFit
SPORTS PERFORMANCE & FITNESS TRAINING



Athletic Yoga™
www.flexiblewarrior.com

Spring Sessions:

YOGA FOR SPORTS at PerformFit in Lutherville

Mondays 5:00-5:45p

March 5th - April 30th (no class 4/23)

Drop in fee \$20 / 8 sessions \$125

Balance out your training with yoga. Improve flexibility, balance, focus. Reduce chances of injury and speed recovery. Learn breathing techniques to calm & focus the mind, yoga stretches to increase range of motion & yoga poses to speed recovery. No weird gummy poses, chanting or high heat. This is Sport specific yoga for athletes. Ages 10 and up.

ATHLETIC YOGA at PerformFit in Lutherville

Thursdays 10:00-10:45am

March 8 - April 12th

\$15 Drop in fee

Ideal if you take the 9am Cross Training workout at Performfit or as a flexibility session on its own, this class is a "slow flow" format and focuses on flexibility for all major muscle groups. Incorporates foam rolling, mashing & myofascial release, yoga and recovery poses.



Stretch & Mash Athletic Flexibility

Private or Shared Sessions at PerformFit & Cometa Wellness Center

Compression massage combined with one-on-one assisted stretches and yoga poses for the ultimate in myofascial release, flexibility & recovery.

Private Cost: \$50 for 30 min / \$100 for 60 min

Shared Cost: \$60 each for 1 hour session

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To register or inquire, contact karen@flexiblewarrior.com.