

Flexibility for Warriors

FALL SESSIONS

ATHLETIC YOGA at PerformFit in Lutherville

Thursdays 9:45am
\$15 / class

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. Email karen@flexiblewarrior.com



SPIN & STRETCH at InSync in Hunt Valley

Tuesdays 9:30am
First class is FREE!

Apply the principles of yoga to your spin ride. Followed by a short yoga inspired stretch session. 50 min ride and 25 min stretch.



ATHLETIC YOGA at Simply Yoga in Cockeysville

Wednesdays 9:30am
\$5 first class

For more info, visit www.simplyyogamd.com



Stretch & Mash Athletic Flexibility

Private or Shared Sessions at PerformFit Lutherville & Sparks locations

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



Stretch Your Potential



Athletic Yoga™

www.flexiblewarrior.com

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