

WELCOME TO OUR STUDIO!



Our Mission is to build upon the Black/African American Culture and implement healthy lifestyle habits of our ancestors. We apply these principles through dance, fitness, yoga, education and much more.

#Ubuntu - I am because We are.



CLASSES

ZUMBA

A fitness party with a contagious blend of Latin and international rhythms that provides a fun and effective workout to a global community.

CHICAGO STYLE STEPPIN'

It's not just a dance, it's the music, the moves, the clothes, the mood. Steppin' is an art form that stirs the soul ... it's a rhythm as unique as the dance itself with smooth steps and even smoother turns.

TURBO KICK

An interval based, full body workout that begins with a sports-specific warm-up. High paced intervals follow with kickboxing-specific strength/endurance training sequences and easy-to-follow combinations. Class ends with a mind/body-like (think Tai-Chi) cool-down.

PIYO

Piyo combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility benefits of yoga. It's a true fat burning low-impact program, and you'll get incredibly defined.

AFRICAN DANCE

A fun and exciting aerobic workout that includes African dance moves inspired by various cultures.

YOGA (FLOW, MEDITATIVE & SENIOR)

Yoga combines physical exercises, mental meditation, and breathing techniques to create the mind, body, and spirit connection.

WORKSHOPS

EMOTIONAL EMANCIPATION CIRCLES:

We offer emotional help groups in which Black people everywhere can heal and move beyond surviving to flourishing, where we can enjoy life in all its fullness, mind, body, and spirit.

NUTRITIONAL/EDUCATIONAL WORKSHOPS:

We offer specific workshops that will cover multiple topics from nutrition, women's health, financial wellness to movie talk backs.

MASSAGE THERAPY:

Our air massage chair is designed to relieve tension and evoke relaxation. Choose between 15, 30 or 45 minute increments.

CBD EDUCATION & AWARENESS SESSIONS:

CBD, is a chemical compound from the Cannabis sativa plant, which is also known as hemp. It's a naturally occurring substance that's used in products like oils and edibles to impart a feeling of relaxation and calm. Unlike its cousin THC, CBD is not psychoactive. We honor our patrons by donating CBD flower, CBD infused products and educational courses detailing the multitude of benefits from adopting a CBD regiment in their life.



SINGLE CLASS RATES

| | |
|--------------------|------|
| Class Introduction | Free |
| 1 Class | \$10 |
| 2 Classes | \$15 |
| 3 Classes | \$25 |
| 5 Classes | \$40 |

YOGA CLASS RATES

| | |
|--------------------|------|
| Class Introduction | Free |
| 1 Class | \$15 |
| 2 Classes | \$25 |
| 3 Classes | \$40 |
| 5 Classes | \$60 |

MEMBERSHIP PACKAGES

BASIC
\$50 Per Month - Unlimited Classes & Personal Workouts
Basic Family - \$5 each additional family member

PREMIUM
\$80 Per Month
Basic Package + Educational Workshops & 10% Off Apparel & Massage
Premium Family \$5 each add'l family member

Military/Students Discounts Available

STAFF



Leona M. Abdullah-Ward, M.A. | Owner
Psychotherapist/Exercise Instructor
Certified Dance & Movement Therapist
Certified Yogi • Turbo Kick • Piyo
CIZE Live & African Dance Instructor

Silver Sneakers is Available



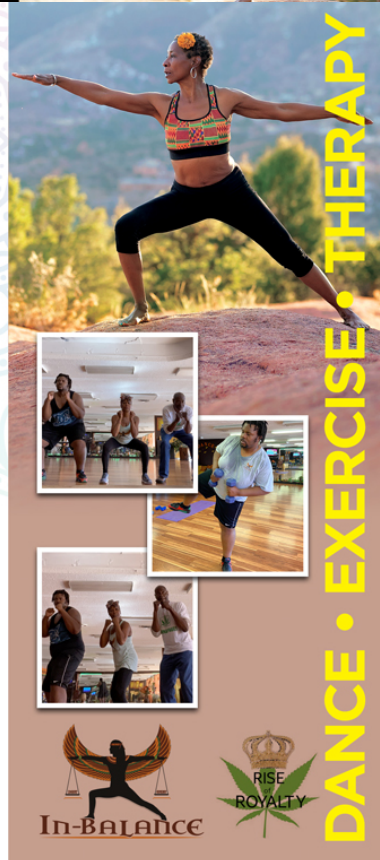
Robert Allen III | Owner
Authorized CBD Distributor
Budtender & Consultant
Shamanic Practitioner

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DANCE • EXERCISE • THERAPY

