



Mobility Yoga Sessions

With Bryan Russell

Tuesday's from 6:45pm – 7:45pm

An all level class focusing on movements that will deepen the understanding of your physical body & breath and enhance your weight room performance with increased mobility.

Space is limited so contact Bryan to reserve your spot RussellBryanm@gmail.com

Investment Options:

Drop in (1 class) \$20

3 Classes \$54

6 Classes \$105

9 Classes \$153

No Prior experience needed. Mats and props will be provided.