

# SOUL —AND— STEEL

## CLASSES WE OFFER

### Yoga Flow

A dynamic, breath-centered class where postures flow seamlessly. Build strength, flexibility, and a calm mind while syncing movement with breath in a rhythmic, energizing sequence.

### Yoga Release

A deeply restorative class that combines gentle stretches, myofascial release, and guided meditation. Perfect for easing tension, improving mobility, and finding calm in both body and mind.

### HIIT Pilates

High-Intensity Interval Training Pilates combines energizing core-centric Pilates exercises with bursts of cardio to sculpt and strengthen your entire body. Expect a full-body workout that's challenging and fun.

### Mat Pilates

A low-impact, mat-based class focused on building core strength, improving enhancing posture. . . . This class tones and tightens the body through mindful, controlled movements.

To sign up for classes, visit the MINDBODY app

