



Root & Rise

A deep core connection



PELVIC FLOOR
RESTORATION
*Postpartum Core
Restoration*



LOW PRESSURE
CORE FITNESS



RIB FLARE
CORRECTION



GENTLE
YOGA &
BREATHWORK



BREATHE • ALIGN •
FEEL STRONG WITHIN

THURSDAYS • 6:00 AM

Led by *Brittany Kelly*, RN • IFBB Pro

Best enjoyed on empty stomach. Please come hydrated.

\$10 DROP-IN ♥ **\$75** 10-CLASS PASS

Perfect for **postpartum recovery**, pelvic floor healing, diastasis recti,
improved posture, and building strength from the inside out.

SOUL & STEEL
— FITNESS & WELLNESS STUDIO —