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**Now Certified
Sound Healer**

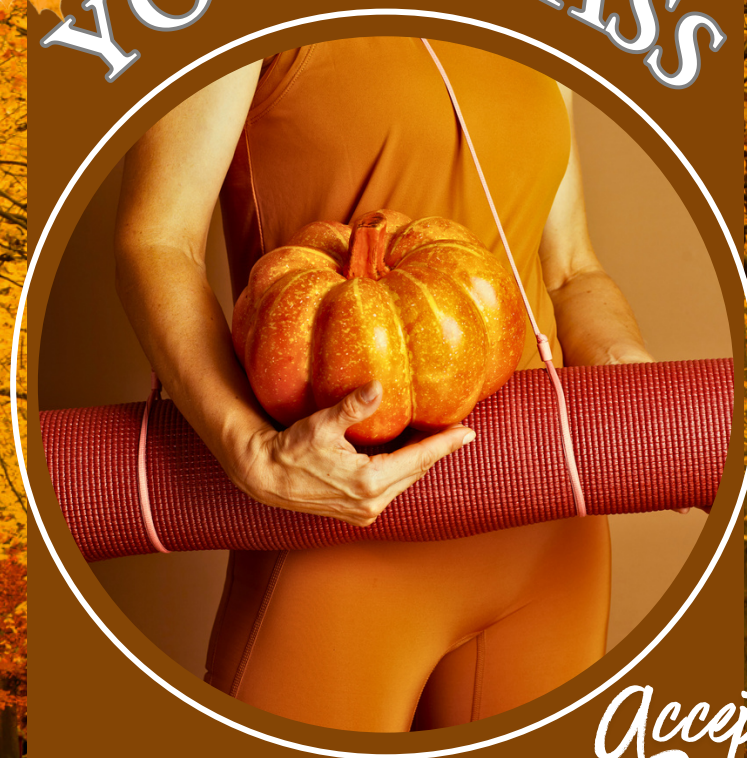
FREE



NOV 23
11 A.M.

FRIENDSGIVING

YOGA CLASS



*Accepting
Donations!*

ALL MONIES GO TO
THE KIDS CHRISTMAS PARTY
AT THE ASSOCIATION

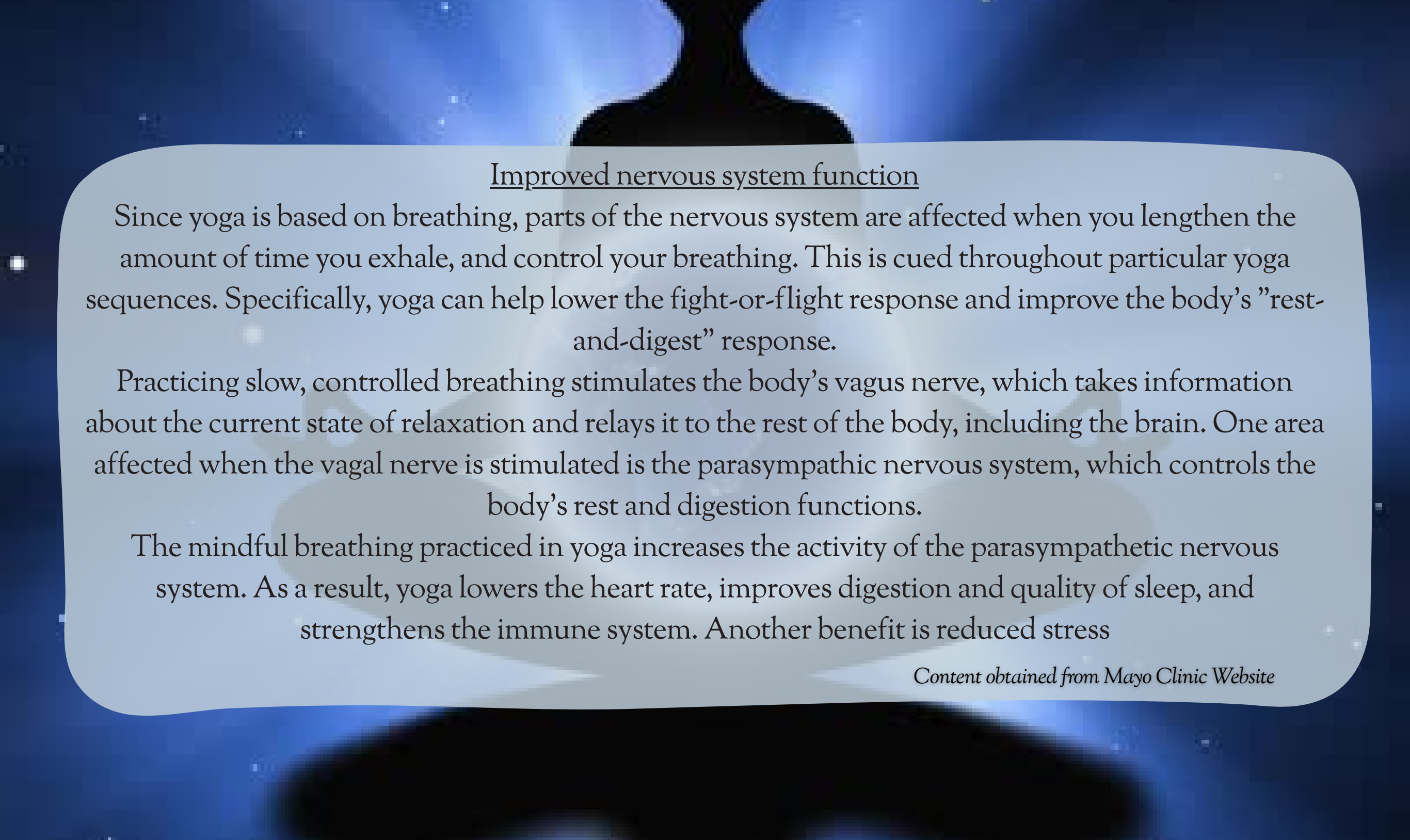
SAND LAKE COMMUNITY CENTER
4059 Indian Lake Rd National City, MI 48748



**I have trained to help you
become healthier & stronger**

My Accreditations include:

- **Diploma in Fitness & Nutrition**
- **ACE Certified Personal Trainer**
- **Certified - Yogafit - Level 2**
- **Brains & Balance Past 60 Specialist**
- **TRX Group Suspension Training**
- **ACE Nutritional Specialist**
- **ACE Sports Performance Specialist**
- **Certified - Sound Healer- Level 1**



Improved nervous system function

Since yoga is based on breathing, parts of the nervous system are affected when you lengthen the amount of time you exhale, and control your breathing. This is cued throughout particular yoga sequences. Specifically, yoga can help lower the fight-or-flight response and improve the body's "rest-and-digest" response.

Practicing slow, controlled breathing stimulates the body's vagus nerve, which takes information about the current state of relaxation and relays it to the rest of the body, including the brain. One area affected when the vagal nerve is stimulated is the parasympathetic nervous system, which controls the body's rest and digestion functions.

The mindful breathing practiced in yoga increases the activity of the parasympathetic nervous system. As a result, yoga lowers the heart rate, improves digestion and quality of sleep, and strengthens the immune system. Another benefit is reduced stress

Content obtained from Mayo Clinic Website

ST PAUL LUTHERAN CHURCH

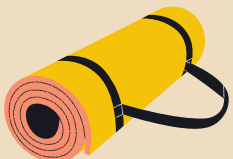
1264 Tonkey Rd AuGres MI 48703



Every Thurs 5:30 PM

A welcoming and inclusive environment

Perfect for beginners and those looking to deepen their practice



Bring Your Own Mat
Otherwise mats available to lend



(248) 298-9035
workoutconnie@yahoo.com



\$8.00

Per Class / Per Person



Workout Connie's

Yoga Class

In a fast paced world, yoga can help us stay grounded, focused, and emotionally balanced

What You'll Experience:

- Yoga Class Designed For All Ages & Fitness Levels
- Certified Yoga Instructor
- Safe Environment
- Mats Available to Lend If You Do Not Have One

When & Where:

Tawas Area Presbyterian Church

TUESDAYS at 5:30-6:30 PM

12095 East US-23 East

Tawas, MI 48730

**Starting Tuesday
Oct. 14th**

\$7
Per Person





Discover The Warrior In You



WORKOUT CONNIE

ALL LEVEL

YOGA

CLASS

EVERY SUNDAY
11:00AM - 12:00 PM

WHY CHOOSE OUR CLASS:

- SUITABLE FOR BEGINNERS
- ENHANCE FLEXIBILITY & STRENGTH
- CALM YOUR MIND
- IMPROVE POSTURE & BALANCE

MATS AVAILABLE TO LEND

\$5.00
per person

Sunday
11:00 AM - 12:00 PM



WORKOUT CONNIE

ALL LEVEL

YOGA

CLASS

EVERY WEDNESDAY
5:30 - 6:30 PM

WHY CHOOSE OUR CLASS:

- SUITABLE FOR BEGINNERS
- ENHANCE FLEXIBILITY & STRENGTH
- CALM YOUR MIND
- IMPROVE POSTURE & BALANCE

MATS AVAILABLE TO LEND

\$5.00
per person

Wednesday
5:30 PM - 6:30 PM

SAND LAKE COMMUNITY ASSOCIATION
4059 Indian Lake Rd Sand Lake, MI 48748

AFFORDABLE **Pricing**

ACCEPTED PAYMENT METHODS

*Cash, Check, Venmo, Cash App,
Zelle, Paypal & Credit Cards*

CONTACT CONNIE



workoutconnie@yahoo.com



248-298-9035

TRAINING PRICE LIST

90 MIN. CONSULTS | \$ 75.00

In Person 90 minute consult

VIRTUAL TRAINING | \$ 50.00

One hour of Virtual Training.

Buy 10 / Get 1 Free

PERSONAL TRAINING | \$ 60.00

one Hour In Person Personal Training

Buy 10 / Get 1 Free

BUDDY TRAINING | \$ 100.00

One hour in Person Training with you
and one of your friends.

GROUP RATES | \$ NEGOTIABLE

Reach out today with your group size
and location to obtain a quote.

Client Reviews

Daniel S.

Oct 4, 2017

★★★★★ Verified

"Connie has been a terrific coach. I've been working out with her consistently twice a week since June 2, 2017. She is completely reliable and punctual. Also always friendly and upbeat without being intrusive. She is supportive, nonjudgmental, and responsive to my physical status. She is eager to provide the specific type of training and any particular accommodations that I may need. In terms of the training itself, she has a huge repertoire and is always mixing it up to keep things fresh and keep my muscles working their hardest. Her knowledge is impressive. I recommend her most highly!"

Melanie M.

Jan 12, 2018

★★★★★

"Connie has a great attitude and plenty of fitness experience. I have quite a bit of limitations from past injuries/surgeries and she was able to work around them to help me achieve a great workout with desirable results! I highly recommend Connie :)"

Linda K B.

Jul 13, 2018

★★★★★ Verified

"Connie is a very professional trainer. She trains based on your own abilities without pressure to do what a person is not capable or ready to do. Very kind, calm and easy to talk with. Does not judge what a person looks like whatever size that might be. Very educated in many different styles of training."

Michelle C.

Nov 25, 2018

★★★★★ Verified

"Connie is an excellent trainer who always changes it up on each visit, which is really important to me. She is a great person, friendly, motivating and committed to your fitness goals and if you're having trouble with any particular area in regards to pain or weakness, she's very tuned to that. You cannot go wrong hiring her"



Hours & Contact Info

Service Area:

AuGres, East Tawas, City of Tawas, National City, Prescott, Sand Lake,
Tawas, Twining, West Branch, Whittemore

6 am - 8 pm Tuesday through Sunday

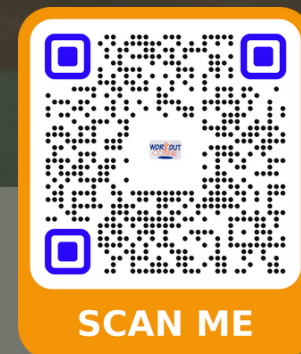
Closed Mondays



workoutconnie@yahoo.com



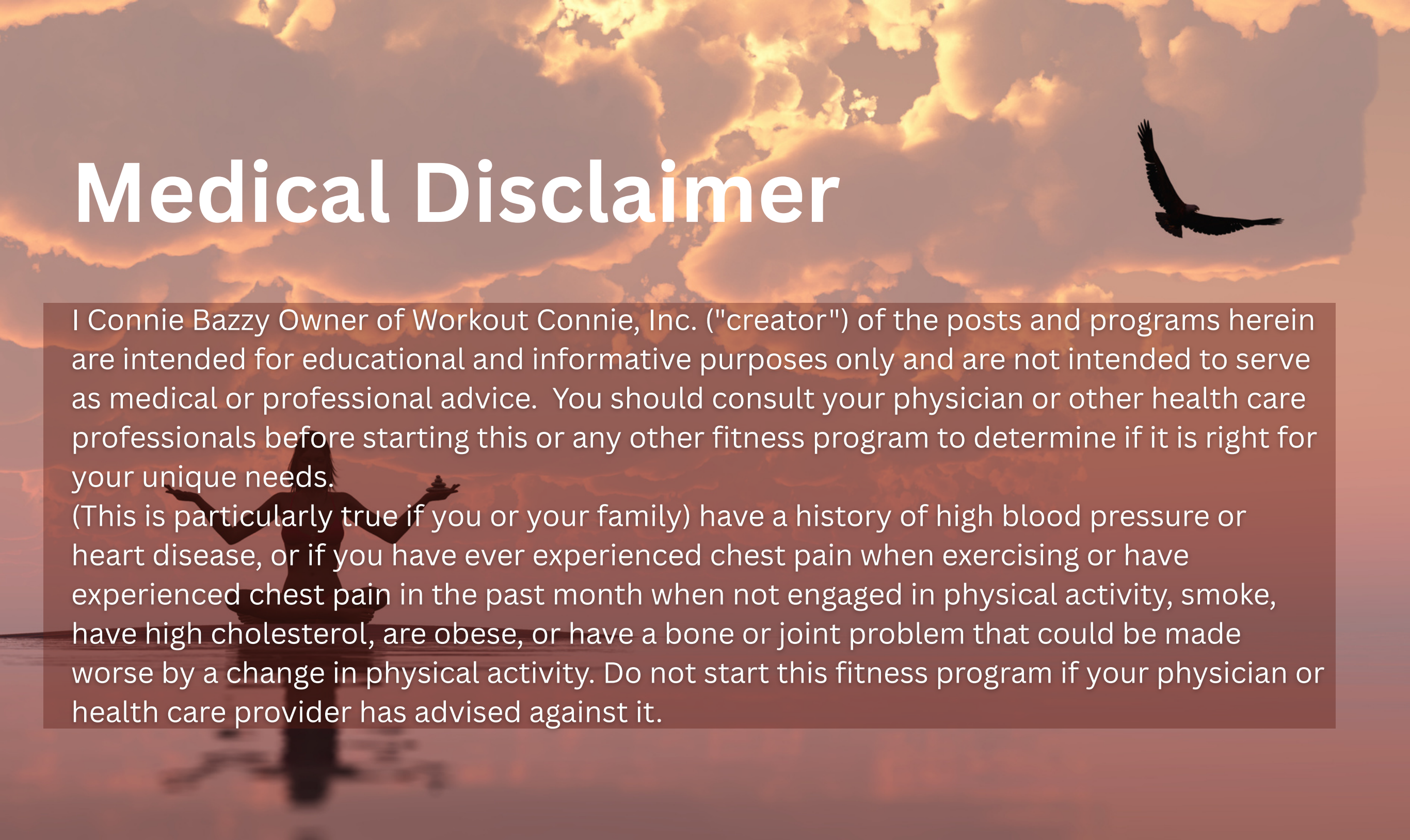
248-298-9035



SCAN ME

FOLLOW

Medical Disclaimer

The background of the entire image is a sunset scene over a body of water. In the foreground, a person is silhouetted against the bright orange and yellow sky, performing a yoga pose with arms extended outwards. In the upper right corner, a bird is silhouetted in flight against the clouds.

I Connie Bazy Owner of Workout Connie, Inc. ("creator") of the posts and programs herein are intended for educational and informative purposes only and are not intended to serve as medical or professional advice. You should consult your physician or other health care professionals before starting this or any other fitness program to determine if it is right for your unique needs.

(This is particularly true if you or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider has advised against it.