



Credentials



Benefits to Yoga



Drop In Yoga - AuGres Tues



Drop In Yoga - Sand Lake Wed



Drop In Morning Yoga - Sand Lake Sun



Price List



Client Reviews



Contact Information

Free Yoga Class
at the Sand Lake Festival

WORKOUT CONNIE

Sand Lake Festival
Bonfires By The Lake 2025

Free Yoga Class
Sunday August 10, 2025
11 AM

At the Sand Lake Community Association
4059 Indian Lake Rd. National City MI. 48748

Join Connie from WorkoutConnie.com for a free yoga class during the Sand Lake Festival on August 10, 2025 at 11 am.
The Class is open to participants of all skill levels.

Yoga Mats
On-Site Available For Use

WorkoutConnie.com

A serene lakeside scene with a stack of balanced stones in the foreground and a forested shore in the background. The stones are stacked in a tall, balanced column in the shallow water. In the background, a line of trees borders the water, and a few people can be seen walking on the shore. The sky is blue with scattered white clouds.

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 Fitness Nutrition - Continued Education**
- **ACE Sports Nutrition - Health and Performance Continued Education**

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

YOGA CLASSES

Instructor: Connie Bazy of
Workout Connie, Inc.

EVERY TUESDAY 5:30 PM

Join us for our Yoga Class, a welcoming
and inclusive environment. Perfect for
beginners and those looking to deepen
their practice.

(248) 298-9035
workoutconnie@yahoo.com

1264 TONKEY RD AUGRES MI 48703

A silhouette of a person in a yoga pose, specifically the Tree Pose (Vrikshasana), with one leg raised and arms reaching up. The background is a vibrant sunset with orange and yellow hues. The person is standing on a dark, silhouetted ground.

\$8.00

Per Class

Bring Mat - If you
do not have one, one
will be available

Sand Lake Community Association

SAND LAKE
Community Association


Presents


WORKOUT CONNIE


MORNING
YOGA


EVERY
Sunday
11 a.m.


Only
\$5 ea.
per class

Professional

Yoga Instructor

Mats

Available For Use

ALL

Skill Levels
Welcome



4059 Indian Lake Rd


www.workoutconnie.com

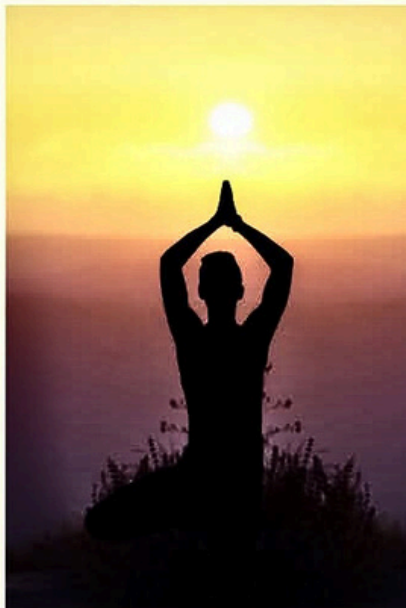
Sunday Morning at 11 am

SAND LAKE COMMUNITY
ASSOCIATION
WELCOMES

YOGA CLASSES



Instructed by:
Connie Bazy of
WorkoutConnie, Inc.



Join us for our Yoga Class, a welcoming and inclusive environment perfect for beginners and those looking to deepen their practice.

EVERY WEDNESDAY 5:30 – 6:30 PM

WHY CHOOSE OUR CLASS:

- Suitable for Beginner
- Enhance Flexibility and Strength
- Calm Your Mind
- Improve Posture and Balance

**\$5.00/
SESSION**

Wednesday Evening at 5:30 pm

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

BUDDING 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

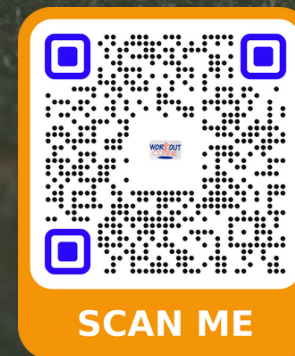
6 am - 8 pm Tuesday through Sunday
Closed Mondays



workoutconnie@yahoo.com



248-298-9035



SCAN ME

FOLLOW