



[Credentials](#)



[Price List](#)



[Benefits to Yoga](#)



[Drop In Yoga - AuGres Tues](#)



[Drop In Morning Yoga- AuGres Sat](#)



[Drop In Yoga - Sand Lake Wed](#)



[Drop In Morning Yoga - Sand Lake Sun](#)



[Client Reviews](#)



[Contact Information](#)





A serene lakeside scene with a stack of stones in the foreground and a forested shore in the background. The stack of stones is composed of several smooth, flat stones of varying sizes, balanced on top of each other. The water is calm, reflecting the sky and the surrounding greenery. In the background, a dense forest of tall trees lines the shore, and a few people can be seen walking along the path. 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**



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



\$8.00

Per Class

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



Presents:

**YOGA**  
at:  
“BUDS IN THE  
BRIAR”

*saturday*  
**May 24, 2025**  
**10 a.m.**

Only  
**\$10**  
per class

**Professional  
Yoga**



**Instructor**

**Yoga Mats**



**Available to use**

**Outdoor  
Venue**



**Weather Permitting**

**Wear Your**



**Yard Shoes**

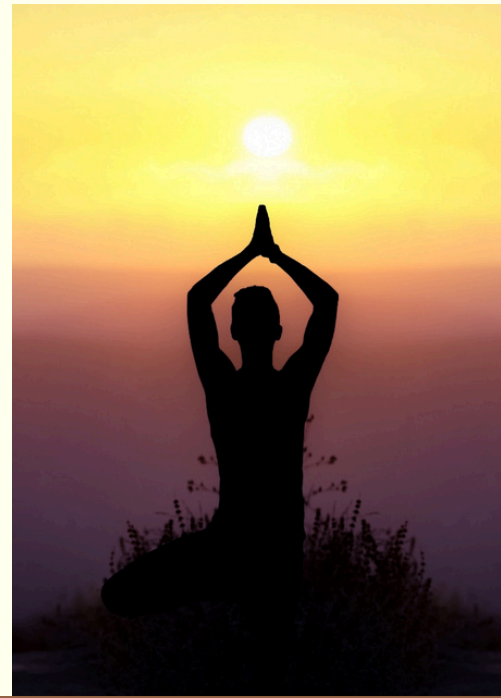
347 W Huron St. Augres, MI

SAND LAKE COMMUNITY  
ASSOCIATION  
WELCOMES

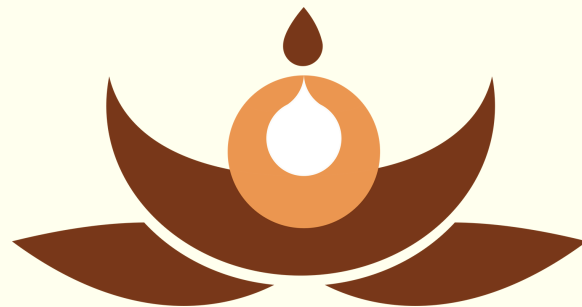
# YOGA CLASSES



Instructed by:  
*Connie Bazzy* of  
WorkoutConnie, Inc.



*Improve  
Posture &  
Balance*  
**BEGINNER  
FRIENDLY**



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**



Reserve your spot / Call Connie (248) 298-9035  
or email: [workoutconnie@yahoo.com](mailto:workoutconnie@yahoo.com)

4059 INDIAN LAKE RD NATIONAL CITY

*Every*  
**WEDNESDAY**  
5:30 PM - 6:30 PM





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



### 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*



# Client Reviews

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**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 :)"

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**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."

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**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"



## **Workout Connie Inc**

**In Person & Virtual Appts :**



Workout Connie



248-298-9035



AuGres, Glennie, Hale, Oscoda, Sand Lake,  
Tawases, Twining, Whittemore & West Branch

**Tuesday to Saturday  
6:00 am to 10:00 pm**

**Monday  
6:00 am to 9:00 pm**

**Closed on Sunday**