

COMING SOON



Yoga & Fitness with Tonya Schmitt

Starting June 6th

Family Yoga

10:30 - 11:15 AM

Together, you and your child will do yoga poses, play games, sing songs, and get silly. For preschooler with parent caregiver.

\$10/Family

Starting June 7th

Teen Yoga

3:30 - 4:15 PM

For grades 6-12. Powerful poses, positive affirmations and focused breathing together in a competition free atmosphere.

\$5/Student

Starting June 14th

Mindful Movement

5:30 - 6:15 PM

A meditative class for all levels. Engage in simple flowing movements to quiet the mind and restore the soul. Come. Breathe. Move. Relax.

Regular InBalance Pricing Applies

In Balance
YOGA & FITNESS LLC

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