

WINTER/SPRING 2020

VINYASA HEART-BEAT

Adults 18+

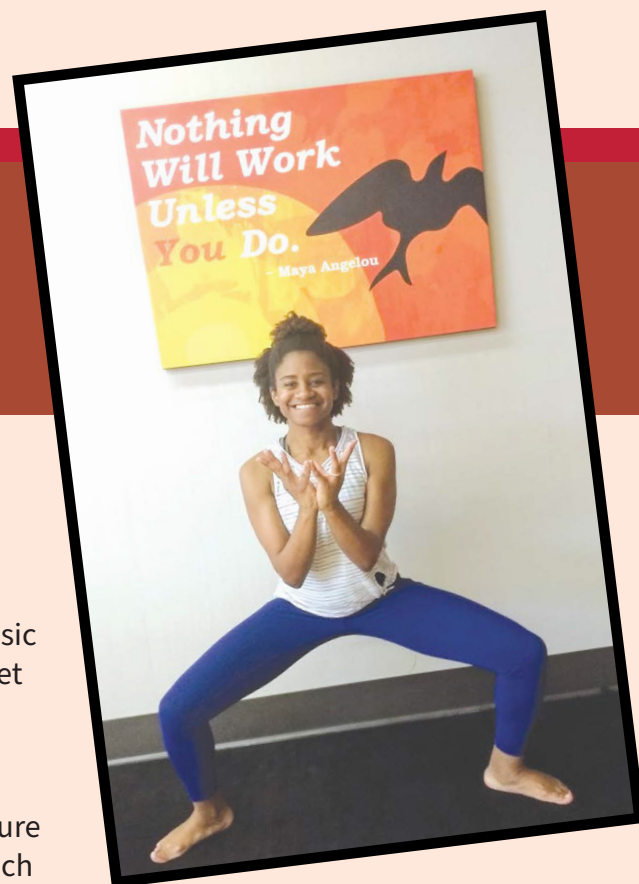
Vinyasa Heart-Beat combines Vinyasa Yoga flow with music that makes you want to move. The class is designed to get your heart beat racing with an active flow while building strength and getting a deep access to core muscles to targeted spirals and pulsations. The practice will include music with a beat that is guided with breath work to ensure each person stays connected to their individual body. Each class will be different, with a focus on balancing strengthen stretch, and tension. Get connected and leave feeling lighter. No experience necessary, each person is supported and encouraged to join the class no matter where they are on their fitness journey.

MIN/MAX: 10/25

No Classes April 11 & May 9

Location: Community Activity Center-Activity Room

Instructor: Bridget Pettit



Age	Day	Time	Dates	Fee	Activity #
Adult	SA	1:30-2:30pm	1/11-5/23	\$50	390000-12

Please visit NormalParks.org for more information.

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