

A *Fusion* Practice

Yogalates is a type of exercise inspired by yoga and pilates. The posture correction workouts will strengthen and improve flexibility for the entire body, make corrections by giving special attention to often overlooked areas and conclude with stretching and relaxation of muscle groups. Sign up today for a fusion practice experience!

Yogalates: Posture Correction

Instructor: Zephyr Khambatta

Time: Thursday, 6:00pm to 7:00pm

Fees: 10 sessions
Member **\$327.00** w/GST
Guest **\$348.80** w/GST

Venue: Aerobics Room

