



BEND IT LIKE BEC

WOMEN'S HEALTH YOGA
KIDS ALL AGES WELCOME

SMALL GROUP CLASSES
REBUILD CORE & PELVIC FLOOR STRENGTH
RELIEVE BACK AND HIP PAIN
IMPROVE DIGESTION
TONE WAIST AND BELLY
RELEASE SHOULDER TENSION
RECONNECT WITH YOUR BODY
RELIEVE STRESS AND CALM THE MIND
GET YOUR ENERGY BACK
ALL WELCOME

WEDNESDAY 9.30AM
FRIDAY 9.00AM

DROP IN \$24
6 CLASS PASS \$110
10 CLASS PASS \$180

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