

Your Path to a Healthier, Happier You!

ONLINE PILATES/YOGA CLASS

3/1 (SAT) 7:30 PM



Register
here!



**Instructor: Professional Pilates &
Yoga Trainer Ms. Stacy Yip**



- Open to all ages and skill levels for enhancing inner muscle as well as taking balance by mind and physical relaxation
- Optional items to bring: Yoga mats, dumbbells, chairs
- Experience exercises with personalized feedback (camera optional)
- Receive a 1-month free online class trial!
- Conducted in English (interpretation support available)

 **Join us for a fun and healthy experience!** 

 **Invite your friends and family!** 