



YOGA CLASS

FITNESS CENTER @ ELM

Beginner-friendly Vinyasa flow that combines strength & stretching

TUESDAY
5:15 PM

\$5

Payable by cash or Venmo

A sign-up sheet will be in the fitness center

Please ensure that you have filled out a fitness center waiver liability form before participating

Meet Your Instructor

JESS

Certified Yoga Alliance instructor & specializes in Pilates strength training

