

YO



GA

Lowri Foyle

Hip-Hop Vinyasa

Wednesdays in July @5pm

Connect to your body through a killer playlist! The perfect blend of sweat and serenity. Based on Baron Baptiste-style power yoga, it includes vigorous vinyasa flow as well as holding poses to strengthen your body and clear your mind. Modifications are always available if it's too much or get your inversions on if it's not enough! You will feel stronger and younger – the endorphins will follow you home! **\$15 per class/\$75 for 6 classes for FICC Members and \$20 per class/\$100 for 6 classes for Non-Members**

Yoga Basics:

Thursdays in July @9am

Yoga Basics provides informative instruction on basic yoga poses while building strength and skill. Surprise yourself when you can do sun salutations, yoga postures, stretch it out, and learn the importance of connecting with the breath. Suitable for beginners as well as those with experience who can come to their mat with a “beginners mind”. **\$15 per class/\$75 for 6 classes for FICC Members and \$20 per class/\$100 for 6 classes for Non-Members**

All Level Vinyasa:

Saturdays in July @9 am

Learn to link your movements to your breath while practicing Vinyasa Yoga. This all levels class is a creative sequence of poses which are built on the foundations of flow with the intention of aligning your body to your breath. **\$15 per class/\$75 for 6 classes for FICC Members and \$20 per class/\$100 for 6 classes for Non-Members**



“Transform your life through Yoga”