

FITNESS ANYWHERE

with Alex Iglecia

Saturday July 17 | 9–10:30am

Develop and refine three powerful 20 minute workouts that span mobility, fluidity, strength, power, flexibility and intelligent recovery for fitness routines one can take anywhere.

You're interested in fitness but want to train with a bit more depth AND take those tools with you anywhere. This immersion includes unique content from Yoga Tune Up®, The Epic Workout®, Yoga, Functional Training and more.

Fee: \$ 15 members, \$ 25 non-members

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