



**NEW!**

# **POWER FLOAT**

**TUESDAY  
@ 5:45PM**

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**STARTS JUNE  
10TH**

**THIS FUN, FLOATING YOGA CLASS IS ALL ABOUT  
BALANCE ~CHALLENGING MOVEMENT, PROFOUND  
RELAXATION AND EVERYTHING IN BETWEEN.  
OPEN TO ALL LEVELS, POWER FLOAT BUILDS FIERY  
STRENGTH AND STEADY FOCUS BY PRACTICING  
SEQUENCED YOGA FLOWS ON A PADDLEBOARD.**

**STAND UP BOARDS ARE PROVIDED**

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