

POWER FLOW

W. NICOLE

Call to register - space is limited!

\$72.00/package

Monday 6-Week Session at 5:30pm
November 9 - December 14

\$72.00/package

Thursday 6-Week Session at 6:30pm
November 12 - December 17



“PowerFlow is a moderate intensity, low-impact body-weight training program inspired by HIIT, yoga, and pilates. The focus of this class is to develop functional fitness by improving mobility, strength, and flexibility. It is suitable for anyone on their fitness journey (novice to advanced) by enhancing body awareness that will translate into everyday life, other exercise programs, and athletic training.

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