



Yoga & Pilates with Sacha

The class combines a series of Yoga postures focusing on flexibility, balance, and relaxation with Pilates mat work to target the core muscles of your stomach and back, lengthening the arms and legs, increasing flexibility, coordination and posture. Benefits include strong, flexible and healthy bodies, increased concentration, focus and attention, better self-esteem, confidence and stress relief!

Please bring your own mat.

All classes are open/drop-in classes \$8/class or punchcard \$70/10 classes.

Sundays 6:00-7:00pm
Eudora Recreation Center
1630 Elm St
Eudora, Kansas 66025

OR Join us on Zoom!

ALWAYS check Facebook before class for cancellations/updates!

<https://www.facebook.com/groups/yogapilateswithsacha>

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