

Yoga Sculpt



When muscle meets yoga, you have Yoga Sculpt. Boost your metabolism and build lean muscle mass as you move to upbeat music. You'll combine free weights with yoga sequencing and cardio to intensify each yoga pose while mixing in strength training moves like squats, lunges, and bicep curls.

Participants should bring a yoga mat, light free weights (optional), bottle of water, and a shaker cup for a post-workout drink.

Post workout shake with protein is included for participants to enjoy after the workout.

Minimum of 5 participants needed for class

- You can register anytime during this time. Send to the school or bring form to your first session.
- The instructor will keep track of your attendance and payments.
- Make all checks payable to Pillager School

Instructor: Jen Lind
 Certified Yoga Sculpt Instructor through
 CorePower Yoga in Minnetonka

Dates / Time:
 12 sessions on Thursdays:
 6:30-7:30 p.m. March 7-May 23

March—May 2019						
March 3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	April 1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	May 1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23		

Location:
 Early Childhood gym. Use door B

Cost:

Single session	\$10
6 sessions:	\$55
8 sessions:	\$70
10 sessions:	\$85
12 sessions:	\$100

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Name	
Home or Cell Phone	Email

Mail to: Pillager School, Attn: Com.Ed

323 East 2nd St S. Pillager 56473