

Every Tuesday from 10:15-11:15am...

FLORIAN YOGA???



YOU SHOULD CONSIDER THIS BECAUSE...

Yoga will compliment your CrossFit workouts by helping you move through movements with greater ease, and flexibility. Who doesn't want that?

- It's for all levels
- Class is suitable for all body types
- Learn posture sequences designed to increase your range of motion.
- **Free** for CFF members, and \$10 for non members. 10 class punch cards available for non members for \$75.



Krissy Malcomb
Began practicing yoga in 1996.
Studied many styles of yoga including, Hatha, Iyengar, Kundalini, Jivamukti, and Viniyoga.