



Studio

yoGa



At Studio G Dance Center

Music Flow

with Studio G Dance Team Alumna & Certified Yoga Instructor

Maryellen Baverso

New at Studio G Dance Center: Studio yoGa Music Flow! Start your weekend off with an energizing yoga flow set to fun, upbeat music. This community-based yoga class invites all fitness and age levels to breath and move. No experience necessary – just a willingness to learn and desire to lead a healthy lifestyle.

Leave feeling strong, restored and connected.

THE DETAILS

60-minute music flow

Bring a mat, towel and water

No experience necessary

Just \$10 per class

DATE AND LOCATION

Saturdays beginning March 3 | 9 a.m.

Studio G Dance Center

995 Greensburg Pike

Wilkins Township