



EXHALE MIND BODY 10 PACK

MIX AND MATCH OUR SIGNATURE BARRE AND YOGA CLASSES

CORE FUSION BARRE

Hit the barre for our signature full body workout designed to give you chiseled abs, toned legs, cut arms, and a high, lifted butt. This ballet inspired, core-centric class focuses on isolated exercises, alignment, flexibility and posture as you work through targeted mindful muscle movements. Push yourself to the limit — and then find balance — as every hard worked muscled is followed by a deep, relaxing stretch. Suitable for all fitness levels, we invite you to choose from Basic (a great place for beginners), Open and Advance level classes. *Socks required.* Exhale's no-slip grip socks recommended!

YOGA

We offer a diverse yoga program including a challenging power yoga, open level vinyasa flow, and a relaxing yin class, perfect for a good stretch after you hit the barre.

Visit our schedule at exhalespa.com



revive. restore. exhale.