

Get on the Ball...

In the New Year!!

Saturday, January 31st 2:30pm-4:30pm

With Sue Hollingshead

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Flatiron Athletic Club, 505 Thunderbird Drive, Boulder, 303.499.6590

Yoga Ball Workshop

A perfect medium for health in the New Year!

This is the softer element of strength and grace. Do you feel strong from your core? Here's an opportunity to work from your center by combining Yoga and the Stability Ball together. Create greater flexibility and strength as you move through Yoga on the Ball. Experience the difference of an inner-focus type class versus one that may be "mindless"- from this "inner focus," see how stability and core strength increase!

All levels, ages, and experience are welcome.



Cost: \$20, Sign up and pay at the front desk.
Pre-registration is required.