



TOTAL WELLNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 -7:15pm YOGA FLOW Maryalice		6:00 -7:15pm YOGA FLOW Maryalice				8:30 -9:45am YOGA FLOW Sarah
7:30 -8:30pm BOOTY BARRE PLUS Mia		7:30 -8:30pm BOOTY BARRE PLUS Mia				

YOGA FLOW - A Vinyasa style of Yoga based on Hatha Yoga tradition. This class involves linking traditional Yoga poses together to create strength, flexibility, endurance and balance. This well-rounded class is safe and effective for most levels of fitness and ability levels.

BOOTY BARRE PLUS - A fun fast paced class that utilizes barre techniques and cardio intervals for a full body workout that tones and maximizes caloric burn.

Classes are **FREE** for all members of YMCA of Metro North

Non-Members can purchase a 10 class pass for \$100 (This can be purchased online or at at Melrose Family YMCA location)