

FALL 2020

Vinyasa Heart-Beat



Vinyasa Heart-Beat combines Vinyasa Yoga flow with music that makes you want to move. The flow is designed to get your heart rate racing while building strength and getting a deep stretch through movement in the asanas, such as spirals and pulses. The practice will include music with a beat that is guided with breath work to ensure each person stays connected to their individual body. Each class will be different. Dance and short cardio bursts will be incorporated for an endurance release. Get connected and leave feeling lighter. No experience necessary, each person is supported and encouraged to join the class no matter where they are on their fitness journey.

MIN/MAX: 6/12 *Instructor: Bridget Pettit*

No Class November 7

Location: Community Activity Center-Activity Room

Age	Day	Time	Date	Fee	Activity #
Adult	SA	1:30-2:30pm	9/12-12/19	\$50	290000-11

Please visit NormalParks.org for more information.

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