

All Levels Vinyasa Flow
synchronizing movement
with breath...

Olmsted Community Center

8170 Mapleway Drive,

Olmsted Falls, OH 44138

- Drop-In \$8
- 5 Pass Class \$35
- 10 Pass Class \$70



Saturdays 12 PM – 1 PM – Fitness Studio (upstairs)

***No classes on March 23rd**

Sign up in advance and pay with credit card. Make checks payable to: Kristen E. Wilson LLC



If you purchase a class package, your sign in will be tracked when you come to class. I look forward to moving and breathing with you! Question? Call Olmsted Community Center at 440-427-1599

Namaste~

Kristen

Feel free to email me: kesaucha@yahoo.com