

*Fall 11
2026*

**(SESSION STARTS
WEEK OF NOV 2ND)
SIX WEEK SESSION**



YOGA SCULPT CLASS

**MONDAY'S 5-6 PM
THURSDAY'S 6-7 PM**

COST

**WHERE: WHEELER MULTI- PURPOSE
UPSTAIRS**

**\$51
\$102**

**1 DAY/WEEK
2 DAYS/WEEK**

If you are looking to spice up your yoga practice, then Yoga Sculpt might be what you are looking for. Yoga Sculpt is a dynamic class that blends yoga, strength training, and cardiovascular exercise. This class will incorporate the use of light hand weights (2-3 pounds) and high-intensity cardio bursts to help increase calorie burn, build lean muscle, and improve flexibility, mobility, and balance all while maintaining the integrity, flow, and breathwork of yoga. Ideally, some yoga experience would be beneficial, but not necessary, all levels are welcome.

Bring your own mat and hand weights, blocks and yoga straps will be provided.



All levels welcome - Ages 13 +

**www.lc-ps.ce.eleyo.com
586-783-6330**

