



sculpt yoga

Sculpt Yoga is coming to Select Dance Academy Friday Mornings at 5:45 AM

What is Sculpt Yoga?

Sculpt Yoga is a total body workout! Classes are set to energizing music and designed to tone and sculpt every major muscle group. This class combines traditional yoga postures with weight resistance, core strengthening, cardio and glute work in a semi-heated environment. Sculpt yoga is designed to push your strength and metabolism to new heights!

When?

Friday mornings at 5:45 AM. **Classes begin Friday, January 20th** at Select Dance in Shakopee. Drop-ins welcome.

Who Can Attend?

All fitness levels welcome. This class is open to the public every Friday morning at 5:45 AM. Open to adult men and women.

What Do I Need for Class?

A yoga mat, comfy clothes, hand weights* (3 & 5 lbs recommended for women; 5, 8 or 10 lbs for men), water and a towel.

Class Cost: \$12 *Registration details available at the front desk.*



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An AWESOME way to start your day! Try it out - You WILL see visible results in your body!

**Hand weights optional*