



Shakti Yoga presents....

Cardio Yoga Fusion!

with Donii Ritz



This class infuses yoga and music with cardio intervals and strength training. All the classic poses with focus on healthy range of motion and building lean muscle. A great addition to your already established exercise regimen as it is a high intensity energy flow. You will leave sweating and smiling!! Upper weight-bearing is a minimum requirement.

Bring your own mat and a towel.

When: Mondays, 12:45-1:45 pm through May 21

Where: Shakti Yoga 2 School Street

Drop-in: \$12 (unlimited class offers excluded)

SUNY students: Drop-in: \$6 (unlimited class offers excluded)