



*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)