

PULSE YOGA

with MO LORD, Certified Yoga Instructor

Wednesdays
10:30–11:30 am
Begins May 8th
OSYC Class Fees Apply



PULSE YOGA applies micro movements and free weights to yoga postures increasing your cardio vascular fitness and strengthening your core



Please bring a pair of 2 or 3 lb hand weights

Get the "Spaces" App for easy booking of your class

OPEN SPACES YOGA CENTER

www.openspacesyoga.com • (928) 940-0996

