



is pleased to introduce

Power Vinyasa Yoga



Power Vinyasa Yoga is a combination of deep breathing and specifically sequenced sets of flowing yoga postures. It has the ability to build strength, increase endurance, release tension, and create more flexibility in the entire body.

It's a calorie burner! An average 140 pound person will burn 500 calories in a 75 minute session.

Class Schedule: Tue & Th 6-7:15pm, Fri 6-7:00am & Sat 8-9:15am

Held at FIT House in Davis | 630 Pena Drive | www.fithousedavis.com

MAY INTRODUCTORY OFFER: \$10 FOR 10 DAYS OF YOGA



First time students enjoy unlimited yoga for 10 consecutive days. Come as many times as you want during your ten day period. Check out Wendi McCaskill, our amazing instructor, and start to experience the difference yoga makes in your life. [Read more...](#)

This special offer is only available at the studio, so drop in today and take your first class.

FIT House of Davis is a full-service fitness studio specializing in individual, small group and athletic team training. FIT House offers something for everyone with classes ranging from Boot Camp to Barre FIT to Power Vinyasa Yoga. The ACOP Staff loves to work out at FIT House!

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