

Move Better.
Feel Stronger.
Live Freely.



FUNCTIONAL STRENGTH & MOBILITY YOGA

TUESDAYS • 9:00 AM | WEDNESDAYS • 9:00 AM & 5:30 PM

THROUGH DECEMBER OPEN TO THE PUBLIC

Come join Mariann (*Selphica*) for an energizing yoga class designed to build strength, improve mobility, and support the body you move through life with.

This energizing yoga class is designed to enhance the key muscle groups and movement patterns used in:

- Running
- Biking
- Weight Training
- Everyday Movement & Active Living



Strongheart Center
2700 Strongheart Way, Peshawbestown
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