

T.G.I.F. (To Get It Flowing)

Let go of the week and embrace the weekend!

with Genevieve Schambach, RYT



Genevieve
Schambach,
RYT

Join us for 60 minutes of guided Vinyasa Flow the 1st Friday of every month. DETOX your mind, body and spirit and bring power, energy and tranquility to yourself and those around you. T.G.I.F. promises a full-body workout as well as a wonderful method to slow your mind from the fast-paced work week.

Begin the weekend with a Vinyasa Flow to DETOX and then join us after class for a Pot-Luck RE-TOX! Bring your favorite healthy treats to share after class as we collectively engage in our Yoga Community. See you there!.



T.G.I.F. (To Get It Flowing) Series

1st Friday of Every Month! | 6:00 pm

Regular class pass applies!

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