



yoga

Power Flow Vinyasa Yoga Class

with Francine

Wednesdays | 5 to 6PM

at the Fort Myer Fitness Center in Racquetball Court 3

Vinyasa Yoga focuses on flowing from pose to pose, linking the movement with the breathing. Build endurance, stamina, strength, and flexibility while calming the mind. Great for ALL LEVELS.



This class is open to all active duty, family members, DoD civilians, and retired military.
Myer Fitness Center | 212 Sheridan Avenue, Bldg. 414 | Fort, Myer, VA | 703.696.7868

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