



STUDIOMIX

**SPECIAL CLASS +
INSTRUCTOR WORKSHOP**

PRIMAL FIT™

with Rachel Baker, CHEK HLC Level 2 Practitioner

Primal Fit™ is a fun, yet physically demanding class for those movers and instructors that want to take their practice to the next level. For the mover, Rachel taps into behaviors, concepts, and beliefs that can push you forward to your true potential. For instructors, Rachel gives you the tools to move your clients forward on a path to their dreams. Sweat, meditate, mobilize, and move in this one-of-a-kind workshop.

Special Class

Tuesday October 14th, 2014

7:30-8:30pm

Performance Studio

FREE CLASS

RSVP at Studiomix.com under "Find a Class"

Instructor Workshop

Saturday October 18th, 2014

2-3:30pm

Core Studio

FREE WORKSHOP

RSVP at Studiomix.com under "Find a Class"



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