



STUDIOMIX

SPECIAL CLASS

CYCLE + YOGA

WITH ERIN WIMERT

Sweat, lengthen, align, and breathe in this 75 minute class that gives you the best of both worlds. Start with a 30 minute heart-pumping cycle ride with jumps, squats, push-ups, and sprints! Then move to our Core Studio for 45 minutes of alignment-based Vinyasa yoga. Find relief in the tightest parts of your body followed by a relaxing meditation. This perfect fusion of cycling and yoga will work your body and open your mind.

Saturday, May 2nd
1:30-2:45pm
Cycle + Core Studios

\$20 | FREE FOR MEMBERS

rsvp at studiomix.com under "find a class"

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