

604.535.9108

flomotion
fitness + yoga studio

Just for Men YOGA

Hey man, can't touch your toes? We got a class for that! Come **stretch it out** and **release those stiff muscles** in **this no frill yoga class** for guys, instructed by Andrew our Certified Yoga Teacher. **Improve your golf swing, slap shot and manliness!** No experience required. Classes won't conflict with the Canucks game schedule!

Sundays

11am-12noon

Nov 13-Dec 11

\$119 Regular Rate

\$99 Early Bird (ends Nov 6th)

FloMotion Fitness + Yoga Studio
15186 Buena Vista Avenue, White Rock
@ 5 Corners Shopping District

guys only!



www.flomotion.ca