



Join our newest teacher Sharon Ross!

**For Vinyasa (beginner friendly) on
Wednesday's at 9:15 am**

- *Beginner-friendly vinyasa that focuses on combining movements with your breath. Our aim is to use the breath to activate your core, while at the same time helping you achieve inner stillness.*

All studio classes are offered via Zoom for \$15/class.

Classes available **On Demand** through the RTC Video Library at
\$19/month.

New PhysioFIT Series Starting May 1st

Join Becca for this 6 week series every Saturday at 9:15 am

- Drop-in available each Saturday for \$20
- Purchase whole series \$120 and gain access to our home library to supplement your practice



Sign up



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