

# SUNRISE YOGA



**A mix of Yoga, Pilates, and Strength Training in a friendly environment.**

**First class is free!**

Sunrise Yoga classes are **INSIDE** the Friendswood studio every **Wednesday & Friday**  
**5:45-6:45 AM**

Each session is 4 weeks long, students can buy either a 4 or 8 class card and will have 6 weeks to use up their class card.

Every fitness level will benefit; lose inches and gain strength.

For more information, contact Sundance Yoga Studio **(281) 482-9642 (YOGA)** or

email your trainers: Anne Bendixen: [bootcampanne@gmail.com](mailto:bootcampanne@gmail.com)

John Bethscheider: [JBethscheider@alvincollege.edu](mailto:JBethscheider@alvincollege.edu)

## Prices

4 classes \$45

8 classes \$80

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[www.sundanceyoga.com](http://www.sundanceyoga.com)