

YOGA BOOTCAMP



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

First class is free!

Bootcamp classes are **INSIDE** the Friendswood studio every
Monday, Wednesday & Friday
5:45-6:45 AM

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

For more information, contact Sundance Yoga Studio **(281) 482-9642 (YOGA)** or
email your trainer: Anne Bendixen: bootcampanne@gmail.com

Prices - you can choose which days to come:

- 1 class \$15
- 3 classes \$35
- 4 classes \$45
- 8 classes \$80
- 10 classes \$100
- 12 classes \$110

Sundance Yoga Studio • 128 S. Friendswood Dr. • Friendswood, TX 77546
www.sundanceyoga.com