

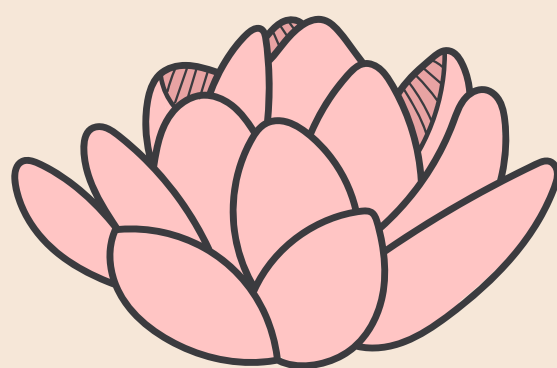
Hot Weekend Wind Down

✧ STRETCH-SWEAT-SURRENDER ✧

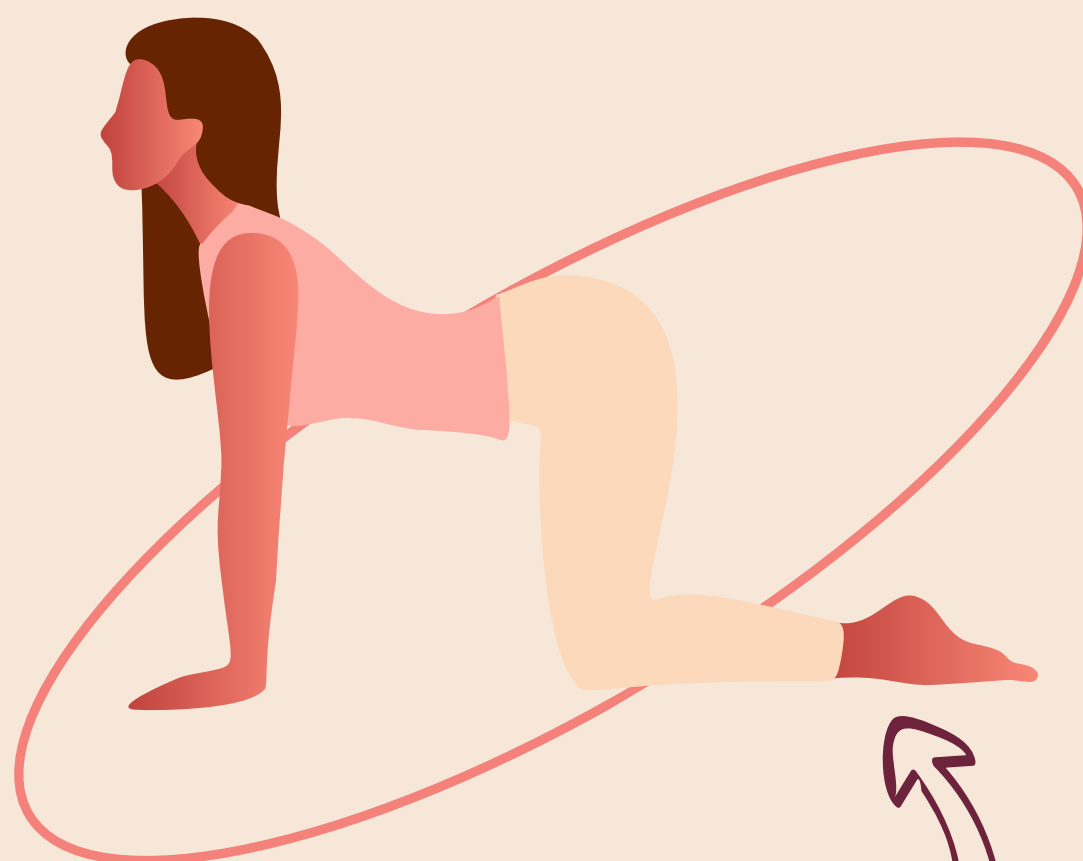
SUNDAYS 5:45 PM - 6:45 PM



Yogi Squat



Seated
Pose



Cat/Cow
Pose

