



CORE INTEGRATIONS

with Celia Green

GYROKINESIS® Method

Join us for our weekly class at
Inspire Dance Studio or on Zoom!

DISCOVER MORE IN MOVEMENT

Improve your coordination, balance, strength, and flexibility. The Gyrokinesis Method addresses the entire body, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences incorporating movement, breath and mental focus. This is a beginner class that will explore the basic principles. Be sure to bring a mat and signup before class to ensure your spot in studio.

TUESDAYS 7:15PM \$25

Inspire Dance Studio
457 Foothill Blvd.
La Cañada Flintridge, CA 91011
inspire_dancestudio.com

Signup before class at:

COREINTEGRATIONS.COM



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