

Heated

ENLIGHTEN FLOW

with Kelsey

Fridays 8:45-9:45am
in Studio 2

Enjoy a gently heated* version of our popular Enlighten Flow yoga class. This vinyasa flow emphasizes creating length, stability, & balance while cultivating mindful meditation & breathing practices.

**Temperature is regulated & does not exceed 90 degrees.*



*This yoga class is included with your RAC membership.
For more information contact Kelsey at trainwithkelsey@gmail.com.*

