



**SIGN UP FOR ANY CLASS AND GET
YOUR PASS FOR TWO WEEKS FREE !**

**OPEN HOUSE
SATURDAY
SEPT 14TH**

**9 AM - 1 PM
ALL CLASSES FREE
DONATIONS TO
FISHER HOUSE WELCOME**

- 9:15 AM - 10:00 AM** **Happy Healthy Business Professionals:** Take control of your health and happiness! This workshop includes a yoga practice to relax and reverse the effects of sitting.
- 9:15 AM - 10:00 AM** **Functional Fitness & Joint Stabilization:** Learn about joint mobility and stabilization to assure functional fitness in supporting activities of daily living.
- 10:15 AM - 11:00 AM** **Tai Chi:** Tai Chi is a gentle practice of meditation and movement to gain improved balance, stability and cognitive awareness.
- 10:15 AM - 11:00 AM** **Circuit & Cycle:** Combines the fun of cycling with a variety of strength building exercises for upper body conditioning.
- 11:15 AM - 12:00 PM** **Building Strength Through a Guided Circuit:** Circuit training increases strength, balance and conditioning using weights and cardio exercises.
- 11:15 AM - 12:00 PM** **Stress Reduction for Military Families and Beyond:** This workshop is especially designed with military families in mind, but can be applied universally. Includes a yoga practice for stress reduction, as well as a short take-home practice.
- 12:15 PM - 1:00 PM** **Yoga unplugged - A Restorative Practice:** Experience comfort and ease while you leave the outer world behind. Uses props to support the body and settle into a state of complete relaxation.
- 12:15 PM - 1:00 PM** **Mat Pilates:** The perfect low-impact exercise to improve fitness!

Friendly & Helpful
Non-intimidating

Skilled Instructors
Personal Attention

imagine

FITNESS & YOGA

Open House
Saturday, Sept. 14th 9AM to 1PM
Sample Classes Every Hour

Stop by to get your pass for 2 weeks free!

"Live the life you imagined"

3100 W Liberty • Ann Arbor, MI • 734-622-8119 • imaginefitnessandyoga.com

Circuit Training, Cycling, Tai Chi, Yoga & Pilates

Imagine Fitness and Yoga is

honored to support the building of Fisher House, Ann Arbor during our open house this year.

Fisher House is dedicated to serving military families and veterans while seeking medical services at their local VA Hospital.

JOIN US!

**All donations to Fisher House
during the
Open House
will be matched by
Imagine Fitness and Yoga**



Imagine Fitness and Yoga is proud of the talented and attentive instructors for all classes.

The Open House will feature a **Guest Instructor, Bernadette Soler,**
E-RYT200, RYT500, YACEP

Bernadette is a proud military spouse, 500-hr yoga teacher, yoga therapist-in-training, Certified Personal Trainer, Reiki Master Teacher, and owner of wellness lifestyle company, Doll Yoga Wear, LLC. She also specializes in developing unique yoga practices for individuals and special populations, including (but not limited to) military personnel and their families, corporate wellness settings, kids, and seniors. She brings the authentic and traditional teachings of yoga and applies them to your modern lifestyle in a simple and effective way.