

GYROKINESIS®



Saturdays at 9am

Starting March 6th

w/Linda Larson-Prior

a certified GYROKINESIS trainer

The circular GYROKINESIS exercises work the spine through seven natural movements that gently work the muscles and joints without gripping. Movement is rhythmic and fluid, allowing the body to move beyond its limitations to achieve its full functional capacity. All classes encompass not only sitting but also laying and standing positions.

This is an exercise method created by Juliu Horvath. www.gyrotonic.com

Drop-in pricing applies.

Private sessions with Linda can be arranged by appointment.

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THE **PILATES & YOGA CENTER**
OF SAINT LOUIS