

EMPOWER FITNESS PRESENTS IN JUNE

YOGA BOOTCAMP TO THE MAX

***YOGA BOOTCAMP to the Max* brings you**

an intense, high voltage workout like never before.
In just one hour, you'll progress through asanas (yoga poses),
push-ups and abs in the most stimulating workout
you'll ever experience!

*Shape your body
Strengthen your core
Rejuvenate your mind
Transform your mind and body*



*Macquarie Yoga Centre's Chief Instructor,
Bernie Peterson,*

has been teaching yoga to people of all ages, experience and ability for over 30 years. His passion and unique style of teaching continue to inspire his students. Bernie is also an accredited sports trainer and massage therapist
The **Yoga BOOTCAMP to the Max** core strengthening sequence will eliminate toxins and add great capacity to your core. All this is just a small part of what yoga has to offer you.

You won't believe how good you'll feel!

CALL BERNIE ON 0438-798-977 FOR DETAILS OF FACE-TO-FACE CLASSES

Or book 1300 468 853

Starting Wednesday 1st June 6am then every Mon Wed and Fri

13 sessions for \$180 save 25% or \$150 for two save 45%