

# Cross Training with Yoga for Athletes

YOU WILL GAIN:

**BALANCE**  
**FLEXIBILITY**  
**STRENGTH**  
**POWER**



Instructed by **Krista Schieffer**

Coming from an athletic background, Krista quickly latched onto yoga as the perfect supplement for both her body and mind. She began teaching in 2006 and received her 200 Hour RYT in David Vendetti's Body Awakening training in Boston. Although her roots are in vinyasa, she pulls from a variety of styles. Krista aims to bring a slower paced, sweaty, intense flow to her classes.

**Fridays, 6:00pm** ▶

**\$75**  
5 Class  
Punchcard

**\$17**  
Drop-In ▶

**Reservation required**  
Places are limited



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