

ASHANTIWARRIOR FITNESS & YOGA STUDIO

in Prospect Lefferts Gardens, Brooklyn 503 Rogers Avenue (Midwood/Rutland Rd)

646.232.4545 ■ 917.685.5289

addo@ashantiwarrior.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLASS 7:00–8:00pm Abs + Core Strength with Addo Includes light weight training and bands</p>	<p>Private fitness training and wellness packages.</p>	<p>CLASS 7:00-8:00pm Yoga Stretch, Strengthen and Relax</p>	<p>Private fitness training and wellness packages.</p>	<p>CLASS 7:00–8:00pm Pilates Mat with Addo Focus on core strength, balance strength and flexibility through the range of motion.</p>
<p>Private fitness training and wellness packages.</p>		<p>Private fitness training and wellness packages.</p>		<p>Private fitness training and wellness packages.</p>

SATURDAY	SUNDAY
<p>CLASS 9:45–11:00am Yoga with Renée Stretch, Strengthen and Relax</p>	<p>CLASS 10:00–11:00am Power Walking with Addo Call for meeting location. Weather permitting. No class cards.</p>
<p>CLASS coming soon! 12:00–1:00pm Kids Yoga (call to confirm) Ages 6–12</p>	
<p>1:00–7:00pm Drop-in gym \$15/hour (call to schedule)</p>	

OTHER SERVICES (MONDAY–SATURDAY) by appointment only • call 646.232.4545

PERSONAL FITNESS TRAINING & NUTRITION COUNSELING

We will help you build a safe and efficient workout program to suit your fitness level and goals. Adding strength, flexibility, nutrition, and cardiovascular training, we will help you improve your performance in any sport or normal daily physical activities.

\$75+/hour (Please inquire about package discounts.)

WELLNESS PACKAGE (1): One-on-One Yoga with Massage and Aromatherapy

Treat yourself to a personally tailored 30 minutes of private yoga with an intense focus on breathing and stretching, followed by another 30 minutes of massage with scented aroma. Our therapist will incorporate deep tissue, Swedish, Shiatsu and sports massage.

\$90/hour (Please inquire about package discounts.)

WELLNESS PACKAGE (2): One-on-One Yoga with Harmonyum Healing

Treat yourself to a personally tailored session of yoga and experience dynamic movement, postures for strength and flexibility, the science of breath, sound & rhythm, and meditation for an uplifting and revitalizing experience that works on one's physical, mental, emotional, and spiritual levels. Afterwards, enjoy a gentle, non-invasive Harmonyum Healing treatment that puts you into a very deep state of relaxation. As you experience its gentle warmth, your body will undergo processes of embellishment, intensification, purification and sanctification of life that enhances all of your faculties.

\$105/1.25hrs

SPACE RENTAL

\$25/hr

PRICES

YOGA:

Yoga	\$15/class*
Kids Yoga	\$10/class

FITNESS:

Drop-in gym	\$15/hour
Pilates Mat	\$20/class
Power Walking	\$10/class
Stretch	\$15/class*
Workout: Abs & Core Strength	\$15/class*

Personal Training	\$75/hour +
Space Rental	\$25/hour

*10-Class Card (valid 6 months) \$130