

ASHANTI WARRIOR FITNESS & YOGA STUDIO

in Prospect Lefferts Gardens



YOGA WITH RENÉE

SATURDAY 9:45–11:00AM

\$15/class or \$130/10-class card

all levels welcome • ongoing • 917.655.2540

ABS+CORE STRENGTH WORKOUT WITH ADDO

MONDAY 7:00–8:00PM

\$15/class or \$130/10-class card | Call to confirm space 646.232.4545

YOGA CLASS

WEDNESDAY 7:00–8:00PM

\$15/class or \$130/10-class card

Call to confirm space 646.232.4545

**WE ALSO
OFFER:**

Personal
Fitness
Training

Nutrition
Counseling

Massage

PILATES MAT WITH ADDO

FRIDAY 7:00–8:00PM

\$20/class | Call to confirm space 646.232.4545

POWER WALKING

IN PROSPECT PARK WITH ADDO

SUNDAY 10:00–11:00AM weather permitting

\$10/class | Call to confirm space and location 646.232.4545