



RADIANT CORE

not a yoga class, not a crunch fest

with Maricarmen Wilson



MARCH 27th - APRIL 24th

Tuesdays at 10am

\$60 member

\$75 non-member

limit 30 | in the Studio

This is the most complimentary workout to any fitness regime

not recommended for beginners



What clients say:

"I expected the class to be fun and challenging, but I didn't expect such fast results! By the second class I was already stronger, and ended up completely motivated and encouraged by the efficiency of the class work. Working smarter in the gym was a revelation, and I've easily maintained and continued to use the strength I gained."

Join Maricarmen for a transformational yoga series that integrates various core techniques into a unique method that will ignite and energize your inner fire. These intermediate level classes will aim to cultivate what the Japanese call "haragei," or "belly art," where the intelligence of the belly (manipura chakra) is fully integrated into our daily lives. Come cleanse, strengthen, and renew your creative power center!

Please arrive well hydrated and with an empty stomach.



about Maricarmen Wilson

Maricarmen has been practicing, teaching and living yoga for over 17 years. This creative fitness series has been designed to reflect the energy of her dynamic yoga classes and her training in the Pilates Method while inspiring clients to try something new to wake up their body and fitness routine. This is a transformational core class that will change you from the inside out! Maricarmen wishes to thank her pilates teachers: Mel, Kristina, and Erica for their direction and care.