



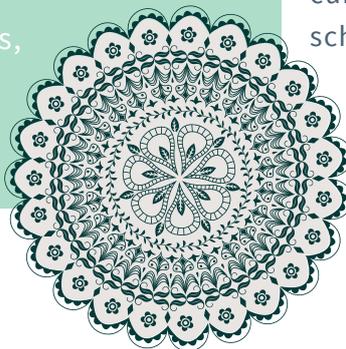
YOGA

#1 Most Requested Class in 2019

SUCCESS STORY

Power For Life Fitness had been running a yoga program at a residential community for 8 weeks when a new resident started to attend. Before the class began, this resident mentioned she was starting a new job the next day, but was concerned because she didn't have an ironing board for her clothes. Overhearing her story, another resident in class ran up to her apartment and brought down her ironing board for the new resident to borrow.

By signing with Power For Life Fitness, your residents won't just receive fitness classes, but they'll begin to make new connections to help them



SPACE REQUIRED

Yoga can be held in any open space in your community. Don't forget about your outdoor spaces either, like rooftops or other recreational areas. Since yoga is low impact exercise and has a quieter format, noise is never a concern. This makes practicing in a vacant apartment a suitable location as well. A yoga class should make your residents feel invigorated & calm, which is why we encourage property's to provide 60min yoga classes to their residents at least twice a week.

THE OVERVIEW

Yoga is a systematic practice that entails low-impact physical activity, postures, breathing techniques, relaxation, and meditation. Our most flexible format, Yoga is the most requested class by our property's residents, as it appeals to all fitness abilities and doesn't require any special space or equipment, making it ideal for any property.

Since yoga styles vary, ranging from gentle to vigorous, we will want to provide your community with a teacher and style that suits your residents' needs, abilities, limitations, current physical condition, and class schedule.

Interested in adding yoga classes to your community in 2020? Contact Power For Life Fitness today for a free consultation of your gym space. **Click [HERE](#)** to get started.



Power For Life Fitness
Fit Fun and Fantastic