

Yogilates (Another name: Core & Restore...)

Flex, Flow & feel the burn (slowly!)

Yogilates is the ultimate mashup of **yoga's chill vibes** and **Pilates' core-burning precision**—think of it as **zen with a side of abs**.

This class blends **flowing yoga poses, deep stretches, and sneaky-tough Pilates moves** to help you build **strength, balance, and flexibility**, all while feeling like a wellness guru (or at least pretending to be one).

What can I achieve?

Core Strength & Stability – Because a strong core makes everything in life easier (even sitting on the couch).

Increased Flexibility – Touching your toes: finally within reach!

Better Balance & Coordination – Fewer accidental stumbles = winning at life

Improved Posture – Say goodbye to the hunchback of laptop-ville.

Mind-Body Connection – Less stress, more zen... plus some well-earned sweat.

Who is it for?

Anyone who wants to **move better, feel stronger, and laugh a little along the way**. Whether you're a **yogi who wants more core**, a **Pilates lover who craves more flow**, or a **total newbie who just wants to survive the class without toppling over**, Yogilates has your back (and abs, and glutes).

Come for the **stretch**, stay for the **sweat**, leave feeling **like a boss**. 😊🙌