

Fitness at Bella Condos!



Vinyasa Yoga
Saturdays 9:30 a.m.



Aqua Aerobics
Saturdays 10:45 a.m.

Begins May 25th, 2019
RSVP at the Concierge Desk

*Vinyasa Flow – Calming stress release class that rejuvenates the body. Focus is on stretching the entire body while releasing stress and tension from joints and muscles

Areas of focus are increased flexibility, strength, stamina, breathing and movement

*Aqua Aerobics - Therapeutic class that offers safe exercise, especially beneficial for those with back or knee conditions or arthritis.

Areas of focus include Cardiovascular Strength and Endurance, Muscle Strength, Flexibility, Balance and Agility

Contact Michael Raiker for additional information and pricing.

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