

XCELLERATED SPEED TRAINING IS PROUD TO OFFER

# YogaFit®

ON THE GROUNDS OF  
THE READING PUBLIC MUSEUM!

CLASSES BEGIN  
MONDAY,  
JUNE 27!

IMPORTED FROM THE WEST COAST TO BERKS COUNTY!

**YogaFit®** or *Yoga for the Fitness Industry* was developed in 1994 in Los Angeles by Beth Shaw, a leading expert in the field of mind body fitness. Based on the ancient fitness science of hatha yoga, YogaFit blends balance, strength, flexibility and power in a fitness format. It overcomes the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable and doable **by anybody and any body**. YogaFit helps to reduce the risk of injury and decrease tension, stress and lower back pain.

Taught by Xcellerated Speed Training's own Shanon Gaul, Certified YogaFit Instructor, on the scenic grounds of the Reading Public Museum, the YogaFit style is ideal **for athletes or individuals at any level of fitness**.

**WHEN:** Mondays and Fridays at 8 a.m.

**WHERE:** Reading Public Museum Grounds, 500 Museum Road. Meet at the front doors of the museum.

**COST:** \$10/session

**INFO:** Registration required. Go to [xspeedtraining.com/yogafit](http://xspeedtraining.com/yogafit) to register.



3190 Shillington Road  
Sinking Spring, PA 19608  
[www.xspeedtraining.com](http://www.xspeedtraining.com)