



Flirty Girl Fitness

PRESENTS:

YOGALATES ON THE BEACH

Spice up your summer workout with Yogalates, offered FREE every Saturday morning on the warm sands of North Avenue Beach by Flirty Girl Fitness.

Join the us for this unique class combining Yoga and Pilates techniques to strengthen your core, build muscle, and increase flexibility. All you need is a towel!

FREE!

Saturday, June 19th*

North Avenue Beach

YOGALATES Classes: 10 -11 AM

JOIN US FOR THIS FREE CLASS EVERY SATURDAY

IN JUNE, JULY AND AUGUST!

Brunch: 11 AM at Castaways, just steps from the sand

Cocktails: 2-4 PM at Castaways

*Purchases at Castaways will be billed individually