# STAY ACTIVE THIS SUMMER

with help from MIIA & Ompractice



# **BARRE**

a toning, body-weight-lifting workout focused on isometric moves, inspired by ballet

### YOGA

become more fit & flexible, improve your breathing & relax your mind





# STRENGTH TRAINING

to build strength, anaerobic endurance and size of skeletal muscles

## **PILATES**

concentrates on posture, balance and flexibility, while improving general fitness & well-being





### + MORE CLASSES ONLINE!

For your free Ompractice membership visit:

app.ompractice.com/memberships/miia