

Live Pure Yoga and Fitness  
3250 E. Battlefield Suite M  
Springfield, MO 65804  
417-425-6685

# Grand Re-Opening

*Under New Management*

We have been part of the community for over four years, but have recently changed locations and ownership. This event will be our opportunity to share a little about what we offer and information on some of our new classes. Our studio has a large variety of yoga and fitness classes suitable for anyone! We've planned several fun activities and classes for both Friday and Saturday. Grab a friend and come over to see us!

*\*All event classes are free to members and first-time attendees who register on MindBody for a week of free classes, and sign-up to attend a class of their choice!*

## Friday September 20th

**4:45-5:15pm** - Mini Me (bring your child) and Me Rebounding class with Lilly

**5:30-6:30pm** - Barre class with Clay

**6:30-7:15pm** - Meet the New Owner and the Instructors of Live Pure Yoga and Fitness, great time to ask questions about the schedule and classes we offer

**7:30-8:15pm** - 15min Bunny Meditation sessions with Stephanie. These sessions are free to members and to any non-members that sign-up of a free trial week and registers to attend at least one class.

**\*\*\* Children are welcome to attend both the Bunny Meditation and Goats and Yoga, however must be mature enough to gently handle**

## Saturday September 21st

**8:00-8:45am** - Free body composition analysis and health/fitness goals assessment

**8:00-8:45am** - Vendor Booth and Apparel sale

**9:00-9:45am** - Strength Training class with Lilly

**10:00-11:00am** - 70's Saturday Vinyasa Yoga Flow with Alexis

**11:15-Noon** - Free body composition analysis and health/fitness goals assessment

**11:15- 1:30** - Vendor Booth and Apparel sale

**12:30-1:30** - 15min Goats and Yoga sessions with Stephanie. These sessions are free to members and to any non-members that sign-up of a free trial week and register to attend at least one class.

*Live Fit ~ Live Pure ~ Live Well*