



DETAILS

- **WHEN**
Thursday, 6:30 pm – 7:30 pm
April 30, May 7, 14, and 21
- **WHERE**
Bella Studio
508 Westport Rd, Ste 102
Kansas City, MO 64111
- **COST**
First 2 Classes – HALF Price
(\$15 total)
Drop-in rate \$15 per class
- **10 class package \$125**
WAYS TO REGISTER
www.meetup.com/rawfitness
913.972.3240
Natalie.A.George@gmail.com

Transform your body, soul and spirit with Thursday workouts

A great way to refuel and stay positive, intenSati is an easy to follow, high energy cardio workout that combines aerobics, dance, yoga, martial art and meditation. Natalie George, certified group exercise and intenSati instructor, will teach the class. This is the first time intenSati will be taught in KC so this is a unique opportunity to boost your fitness and serenity!

- Women and men at any fitness level can participate— all are welcome to attend
- Wear comfortable workout clothes and shoes
- Bring a towel if you wish— plan to sweat
- Improve your strength, stamina, flexibility & balance
- Get centered, set intentions & stay positive

intenSati