

# Yoga & Total Fitness Training



Total Fitness Training is a combination of strength training, cardio work, and kickboxing for full body fitness.

Yoga classes are Vinyasa flow, connecting breath with movement. Expect standing and floor postures, balance work, and strength, flexibility, and a focus on your core.

## Rates and Schedule

### TFT Classes:

- Tuesday and Thursday from 7:00 – 8:00 *p.m.*
- Saturday from 8:00 – 9:00 *a.m.*

### Yoga Classes:

- Monday and Thursday from 6:00 – 7:00 *p.m.*
- Saturday from 9:00 – 10:00 *a.m.*

Purchase punch cards good for any Yoga or Total Fitness classes on our [MPK MyStudio app](#)\* – 8 classes per card, each good for six weeks.

**1 Card - \$65.00** (\$8.13 per class)

**2 Cards - \$85.00** (\$5.31 per class)

**3 Cards - \$110.00** (\$4.58 per class)

\* Download the MPK MyStudio app from the App Store or Google Play store by searching for MPK Deforest. Use Studio Code 608-846-5111