



My Healthy Northport Presents the Much Anticipated Summer Wellness Series

Click the Links for Schedules, Cost, and Register for Classes TODAY!!!

Thursday Evening Sunset Yoga - Yoga is not about being flexible. Yoga is not about being able to touch your toes. Yoga is not about putting your body into difficult poses and not about being able to stop your mind from its constant desire to think and make connections to the outside world. Yoga is about connecting with parts of you. Through the asanas (poses), pranayama (breathing), and meditation there is a natural connection that gradually materializes with your truest self. The self that intuitively knows you and what is in your highest good.

<https://northport-sunset-yoga.eventbrite.com>

Saturday Morning Yoga - Yoga is not about being flexible. Yoga is not about being able to touch your toes. Yoga is not about putting your body into difficult poses and not about being able to stop your mind from its constant desire to think and make connections to the outside world. Yoga is about connecting with parts of you. Through the asanas (poses), pranayama (breathing), and meditation there is a natural connection that gradually materializes with your truest self. The self that intuitively knows you and what is in your highest good.

<https://northport-yoga-saturday.eventbrite.com>

Wednesday Evening ZUMBA - Pretty much the most awesome workout ever! Dance to great music, with great people, and burn a ton of calories without even realizing it.

<https://golds-zumba.eventbrite.com>

Friday Morning GRIT / CORE is a high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of exercises and provides the challenge and intensity you need to get results fast.

<https://golds-grit-core.eventbrite.com>

Wednesday Morning BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Destroy calories as you punch, kick, block and strike. Get a whole body workout that targets every muscle group.

<https://golds-bodycombat.eventbrite.com>

Monday Morning BOOTCAMP-Train your inner athlete with this performance based workout where you'll push through various training drills and challenges that will build muscle and burn fat.

<https://golds-bootcamp.eventbrite.com>