Sunrise Core Pilates (Mon)  
Sunrise Core Yoga (Wed)  
with Jessica Faith Guyer  

Fall 2018 - Sept 17th to December 5th  
Pilates on Mondays & Wednesdays 7-7:45am ($100)  
Yoga on Mondays Wednesdays 8-9am ($100)  

Sunrise Core Pilates is an exercise class based on the principles of lengthening, strengthening and toning your body.  
Sunrise Core Yoga is a vinyasa style class, which provides a playful atmosphere where we will experiment with twisting, balancing and inversions.  
Both Sunrise Core Pilates and Yoga will focus on engaging all muscles of the core, building strength and awareness.  
Both classes are a great way to start your day! All levels welcome.  

Register online: https://northeastern.edu/campusrec