Sunrise Core Yoga is a vinyasa style class, in which we will focus on engaging all muscles of the core, building strength and awareness of your abdominal muscles. This class provides a playful atmosphere where we will experiment with twisting, balancing and inversions. A great way to start your day!

All levels welcome.

Class Schedule:
Mondays & Wednesdays 7-8am ($70)

Register online: www.campusrec.neu.edu

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