

Inspire & Educate

Fran Scalessa, director of Frantastic Yoga, is offering classes at Turning Pointe Dance Center in Springfield.

He has been practicing yoga for over 20 years and teaching on a full time basis since May 1999.

Fran has a 500 hour teaching certificate from Studio Yoga in Madison. His teaching incorporates the principles of Iyengar yoga with emphasis on strength, flexibility, endurance, alignment, precision and **FUN!**

Mondays 6:45 am 9:30 am

Wednesdays 8:45 am

Fridays 6:45 am 9:30 am

Please call to confirm Class & Time 201-650-7490

Session Fees

Drop In \$15
2nd Class in Same Week \$13
3rd Class in Same Week \$10

Special Offers

First Time Students - 2nd Class is Free

Frantastic Yoga

201-650-7490 franscalessa@gmail.com
Turning Pointe Dance Center 191 Mountain Ave, Springfield, NJ