

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

He has been practicing yoga for over 17 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 **F U N!**

Mondays 7:00 am 9:30am

Tuesdays 9:30am

Wednesdays 9 am **

Fridays 6:45 am 9:30am

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

Session Fees

Drop In (paid by cash)	\$16
Drop In (paid by check)	\$18
10 Class Package	\$170
20 Class Package	\$310
Yoga Instructor or Similar Discipline	\$14

Special Offers

First Time Students - 2nd Class is Free

** Wednesday 9am Class - Join us for the special rate of \$12!

Frantastic Yoga

201-650-7490 franscalessa@gmail.com

Turning Pointe Dance Center 191 Mountain Ave, Springfield, NJ