

yoga personal training



balance • strength • power

Why Yoga Personal Training?

Yoga Personal Training is for bodies of all types, fitness and flexibility levels! Yoga practice centers on maximizing your physical and mental performance, and improving your health and fitness. Every body type can benefit from personalized Yoga instruction and practice.



2920 W. 183rd St., Homewood
708-799-1323 • hfracquetandfitness.com

Our instructors are experienced, YogaFit-trained and Certified Personal Trainers. YogaFit training focuses on being personal, practical and user-friendly. Your instructor will tailor your Yoga practice to your greatest mind-body benefit.

What are the benefits to your body?

- Flexibility
- Increased strength
- Improved muscle tone
- Reduced blood pressure
- Decreased back pain
- Injury prevention

What are the benefits to your mind?

- Stress reduction & management
- Body awareness
- Mind-body balance
- Breathing practice to calm mind and soothe body



One-on-One Member One-Hour Sessions

10 or less sessions purchased: \$30/session
11 or more sessions purchased: \$25/session

Partner Member One-Hour Sessions

10 or less sessions purchased: \$20/session/person
11 or more sessions purchased: \$17.50/session/person

One-on-One Non-Member One-Hour Sessions

10 or less sessions purchased: \$45/session
11 or more sessions purchased: \$40/session

Partner Non-Member One-Hour Sessions

10 or less sessions purchased: \$25/session/person
11 or more sessions purchased: \$22.50/session/person