

this is bloom



BLOOM is a gentle unfurling.

A sacred emergence into light.

A time to rise, open, and become.

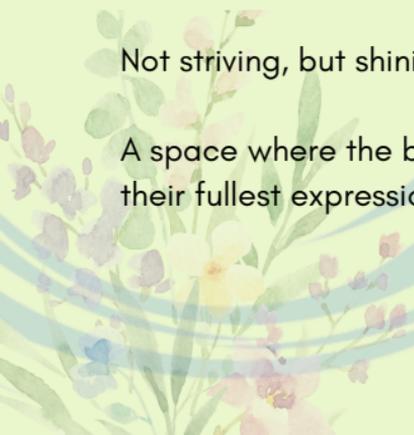
It is the moment when what was tended in stillness begins to reveal itself.

The beauty that could only form in quiet now reaching toward the sun.

Not forcing, but flowering.

Not striving, but shining.

A space where the body, mind, and spirit expand into their fullest expression: alive, open, and luminous.



bloom

BINGO

YOUR NAME: _____

AERIAL FLOW	CLASSICAL PILATES/ CORE PILATES	BARRE SCULPT
THE RITUAL PRACTICE	CHAKRA FLOW	TRX SCULPT
PICK YOUR CLASS!	SOUND MEDITATION SOUND THERAPY	HEATED POWER FLOW
GENTLE FLOW	AQUA STRENGTH/ AQUA ZUMBA	POWER STRENGTH FLOW

COMPLETE EACH CLASS AND WIN A \$30 GIFT CARD! VALID THROUGH MAY 31ST. ONE BINGO CARD AND PRIZE PER GUEST.