



ABOUT US:

Alchemy 365 combines yoga, strength, and conditioning into one class to provide an unmatched group fitness experience. Influenced and inspired by different forms of fitness, Alchemy 365's founders set out in 2013 to bridge the gap between some of the most effective forms of yoga, strength, and cardiovascular training. By seamlessly blending the very best attributes of these disciplines, they developed a high energy array of classes. Interested in visiting one of their studios? Alchemy 365 has four locations in the Minneapolis/St Paul metro area! You can visit alchemy365.com to book your first class for free.

CLASS DESCRIPTION:

Alchemy 365's A50 class combines yoga, strength and conditioning. You'll begin with a progressive warm up integrating fundamental yoga postures to get the body moving and the heart pumping. A50 peaks when you give it your all during a 20-minute stretch of maximum cardio. Class winds down with a dose of incredibly soothing stretching so you can walk away ready to conquer your day. This class can be modified for any fitness level and no experience is required! Please bring your own mat.

