

Exhale South Beach Class Schedule

Pricing

- Single class - \$30
- New Guest Wellbeing 3 Pack - \$59
- Package of 5 - \$140
- Package of 10 - \$270
- Package of 20 - \$510
- Membership - \$150/month

Single class expires in one month from date of purchase

5-packs expire two months from date of purchase

10-packs expire four months from date of purchase

20-packs expire eight months from date of purchase

Exhale Barre

This is what we're famous for. Our barre class combines our signature approach of sustained holds and micro movements with decades of innovation and the latest movement science - straight from the experts. Leave no muscle untouched in this effective total body workout that will tone your muscles and make you shake. (Trust us - it burns so good.) Stand taller. Leave stronger. (Socks required)

Exhale Flow Yoga

Mindful movement. Athletic, inspiring flows. Deep breaths. Because of the smooth way the poses run together, and the focus on alignment, this is our most popular yoga class. Flow to the latest beats through poses that leave you a little stronger, a little sweatier, and a lot more relaxed than when you came in.

- **Tuesday**
 - 10:00AM Exhale Beach Flow Yoga with Patricia
- **Wednesday**
 - 10:00AM Exhale Beach Barre with Elena
- **Thursday**
 - 10:00AM Exhale Beach Flow Yoga with Christine
- **Friday**
 - 9:00AM Exhale Beach Barre with Pauline
 - 10:00AM Exhale Beach Barre with Keily
- **Saturday**
 - 9:00AM Exhale Beach Barre with Pauline
 - 10:00AM Exhale Beach Flow Yoga with Pauline
- **Sunday**
 - 9:00AM Exhale Beach Barre with Abigail
 - 11:00AM Exhale Beach Flow Yoga with Abigail

BOOK YOUR CLASSES ONLINE AT EXHALESPA.COM/SOUTHBEACH

1601 Collins Avenue South Beach FL 33139

305.200.1301