

Hollis YOGA

*The Om Studio for wellness,
yoga and community*

Hollis YOGA, for wellness, yoga and community

Street Location: 3 Hollis Village Marketplace

Postal Address: PO Box 344

Hollis, NH 03049

(603) 617- 4955 www.hollisyoga.com



**THE LATIN-INSPIRED
EASY-TO-FOLLOW
CALORIE-BURNING
FEEL-IT-TO-THE-CORE
FITNESS-PARTY™**

"JOIN THE PARTY!"

SATURDAY, MARCH 13TH 2 FREE CLASSES!!!

11:30AM-12:30PM & 1:30PM-2:30PM

SEND EMAIL TO RESERVE YOUR SPOT NOW!

INFO@HOLLISYOGA.COM

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Hollis YOGA wants to bring Zumba to Hollis! We are offering a couple of free classes to see if our community is ready to "Ditch the workout JOIN THE PARTY!" —and, hope to add it to our weekly class schedule very soon!!

Sallie Werst is a certified Zumba instructor living right here in Hollis. She is originally from Merrimack, NH and received a BA in Marketing with a minor in studio art from Pace University in NYC. While in New York, Sallie had the opportunity to pursue her passion for dance and continued to train extensively with renowned instructors. She has studied with Ballet Austin, Central PA Youth Ballet, Ballet Academy East, and STEPS on Broadway where she was introduced to hip-hop at a guest workshop with dancer/choreographer Darrin Henson. She was immediately drawn to the intricate choreography, deep rhythms, and high energy dance form. After graduating from college, Sallie began teaching jazz and hip hop at Southern NH Dance Theater in Bedford and Monadnock Performing Arts Academy in Peterborough but felt a need to reach those who did not grow up in a dance studio or did not fit into the student demographic. She revisited NYC to attend a Zumba workshop and loved it! It perfectly combined her love of dance and high energy music with fitness and well being and was something anyone could do. The international rhythms speak for themselves and are easy to follow. . . and every class feels like a party so working out doesn't feel like. . working out!

No need to be a Hollis Yoga studio member. To find out more about our studio and schedule of classes, visit us at: <http://www.hollisyoga.com>. Hollis Yoga, is a resident owned yoga studio – located near Hollis center, right off of route 130, in the Hollis Village Marketplace.