

AQUA YOGA @ THE BLUE AGAVE POOL 🧘

"Stretch, Splash, and Savasana—Now That's a Workout!"

🗓️ **Dates:** June 1, 2026 – August 31, 2026
⏰ **Time:** 8:00 AM – 8:45 AM

👙 **Dress Code:** Swimsuits (because jeans are frowned upon), Water Shoes (unless you trust your balance), & Sunscreen (because lobster-red isn't a good look).

Join us for a workout that's **low on gravity, high on fun,** and guaranteed to leave you feeling **refreshed, relaxed, and maybe just a little pruney.**

📞 **Contact:** Sandy Tricamo – 314.791.7714 for more info.

SEE YOU AT THE POOL... unless you float away! 🏊‍♀️💦