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### About this Brand

Movement with intention. Do what feels good for the body. Growing up as a competitive gymnast, flexibility and strength have always been incorporated into Britney's workouts. In MOVE, you can expect a dynamic flow that has a similar feel to yoga stretching, while including body-shaping and bodyweight conditioning from a gymnastics approach. Britney believes core strength and bodyweight movements are a necessary tool for overall health and wellness. And of course, start to get comfortable getting upside down. Let's MOVE.

### INSTRUCTOR



Britney Byfield