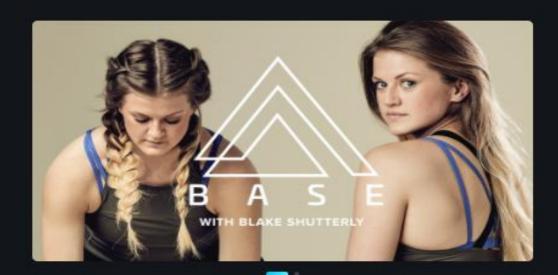


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About this Brand

Blake created BASE to free the body from restrictions of everyday life and fitness. Often set to oldies jams, this class is a combination of mobility and stretch work focusing on the joints and muscles. The goal of BASE is to make your body feel and move better. If you're focused on longevity and living painfree, this class is for you!

INSTRUCTOR

