

BLOOM COMMUNITY CLASS

10:30am arrive and change into Nike
10:45am strength and core with Arielle
11:15am yoga with Wendy
11:45am mingle, snacks, massage

PRODUCT PROVIDED BY NIKE

June 22, 2024
10:30am - 12:30 pm



**ARIELLE
CREAGER,
CPT, MS**



**WENDY
OBSTLER,
C-IAYT, RYT500**



**VICTORIA
RIVERA,
CMT, CMLDT**

Arielle is a Pre/Postnatal Performance Training Specialist and nutritionist. Owner, EMPWR Wellness dedicated to fitness, nutrition, and fertility wellness.

Wendy is Certified Yoga Therapist specializing in fertility, pregnancy, and postpartum. Founder, Divine Spark Yoga | Co-Founder, Living Lēla | Co-Creator, Soulful Conceptions™

Victoria is a certified massage therapist, certified manual lymphatic drainage therapist, and owner of Hollywood Hills Massage & Lymphatics. With over nine years of massage therapy experience, my practice focuses on helping individuals experiencing emotional and physical pain.



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