

Innovative New Yoga Studio Opens in Arcadia

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Let's not put off the start of those get-fit New Year's resolutions any longer: The Madison Improvement Club and s.e.e.d. cafe opens in Arcadia this Saturday, Jan. 12, with jam-packed grand opening events.

The new cycle and yoga studio has fun and fitness for nearly every level of exerciser. The party kicks off at 9 a.m. and won't stop until 5 p.m. There will be special Phenomenal Flow (yoga) and Party on a Bike (spin) schedules. Three special yoga classes will be available throughout the day, as well as three spinning classes. Providing the soundtrack will be KISS-FM DJ Aaron Taylor. All classes will be available for a \$5 donation. This donation will directly benefit the 100 Club of Arizona, a non-profit organization that provides financial assistance to families of public safety officers and firefighters who are killed or injured in the line of duty.

Outside in The Madison Improvement Club parking lot there will be live yoga and spinning demos, a live DJ and a photo booth. There will be several games and activities for guests to participate in, including giant jenga, bags, as well as kid-friendly activities like face painting and kids yoga. Local vendors will set-up shop in the parking lot for the day, and the on-site s.e.e.d café, will be offering special prices on food and specialty drinks.

Here's a look at Saturday's happenings:

Spinning Schedule:

9:30-10:30 a.m.

Brain Whitley and Stephanie Schwartz

11:00 a.m.-12 p.m.

Andrew Varela and Harmony Fulton

12:30-1:30 p.m.

Brittney Golding and Lindsay Reuban

Yoga Schedule:

9-10:05 a.m.

Jaqlyn Collier

10:30-11:45 a.m.

Alex Austin

12-1:05 p.m.

Gina Marciano