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Former NFL Cheerleader to Open Yoga Studio at the Promenade at Bonita Bay

BONITA SPRINGS, Fla. (Sept. XX, 2019) – Yes! Yoga debuts on Monday, September 23rd, in Suite 156 at the Promenade at Bonita Bay (26841 South Bay Drive in Bonita Springs). A grand opening celebration with a free class and giveaways follows on Saturday, November 2nd.

Yes! Yoga – which is also launching a program at the Naples Bay Club – brings a new twist to the typical yoga studio. Besides the traditional Vinyasa style, some yoga classes will incorporate choreography to improve memory, as well as conditioning using a variety of exercise balls, light weights, resistance bands and gliding disks. Yes! Yoga also offers classes designed to enhance and rehab your body via popular sports like tennis and golf, while other non-workout-centric classes focus on muscle relaxation and stress reduction.

Yes! Yoga has 11 instructors on staff, lead by Owner Stephanie McKinley. A former elite Olympic training gymnast and professional dancer, she was a cheerleader for the St. Louis Football Cardinals and St. Louis Steamers. Additionally, McKinley was a two-time winner of Dancing with the St. Louis Stars and the opening act for country music star Easton Corbin. After sustaining injuries that severely restricted her mobility, she tried numerous remedies for several years, including physical therapy. Yoga ultimately helped her to heal and gave her passion to help others heal.



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“Yoga can help reduce stress and anxiety, make you strong and help you feel better, as it did for me,” McKinley said. “I can’t wait to bring even more excitement to this spiritual discipline by offering classes that are fit for everyone.”

Courses at Yes! Yoga are offered as drop-ins, private/semi-private, class packages and unlimited packages – each with varying prices and the first visit being \$10. Free community classes also start on Saturday, October 5th, and continue the first Saturday of every month. A limited number of yoga mats will be provided to those without one.

Yes! Yoga’s hours of operation will be Monday, 8:30 a.m. to 6:30 p.m.; Tuesday, 9 a.m. to 6 p.m.; Wednesday, 9:30 a.m. to 6 p.m.; Thursday, 9 a.m. to 6 p.m.; Friday, 8:30 a.m. until 6 p.m.; and Saturday, 10 a.m. to 6 p.m. Hours and class offerings are expected to increase from October 14th through April 30th. Visit YesYogaFitness.com for specific class schedules, pricing and detailed class descriptions. For more information, call (239) 221-7997.

About Promenade at Bonita Bay

Located in Bonita Springs, right outside the community of Bonita Bay, the Promenade is home to some of the finest retail stores, unique boutiques, a high-end salon, popular restaurants and entertainment hubs in Southwest Florida. Currently, Promenade at Bonita Bay is on an off-season schedule – Monday through Saturday, 10 a.m. to 6 p.m., and closed on Sunday. The open-air shopping center, managed by Royal Shell Property Management, is located at 26795 South Bay Drive. Call (239) 949-1573. Online at PromenadeShops.com.

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