

CARDIO-CORE-FUNCTION CLASS

A fun, full-body workout great for all ages and fitness levels, focusing on bodyweight cardio movement, using core exercises for active rest while utilizing various resistance tools such as Dumbbells, Kettlebells, tubing, cable and many different items carried for functional movement.

**Classes are on Tue & Thu @ 4:45 - 5:15
and while the special lasts, only \$10/class.**

**Come in today
and receive a
free session**



Testimonial -

I like the whole workout, it's a lot of fun working with a group. The variety of exercises are always different and if I stay for the stretch class afterwards, I'm always relaxed when I go home and more energized the next day. It seems like I'm not as sore and I recover faster for the next workout. - J.A.J.

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