

CORE CONDITIONING CLASS

INSTRUCTOR SHAWNA RUST

EVERY THURSDAY PMC CONDOR ROOM 2PM

CLASS WILL BE DARK NOVEMBER–DECEMBER.

THIS CLASS WILL TARGET ALL MUSCLES OF THE CORE—ABS, OBLIQUES, LOWER BACK, PELVIC FLOOR, SPINE, GLUTES AND DIAPHRAGM.

THIS WILL BENEFIT BY REDUCED LOWER BACK PAIN, IMPROVE FLEXIBILITY, INCREASE STABILITY AND CORRECT POSTURE.

BRING A MAT AND WATER.

\$5.00 A CLASS

