



Total CORE

(starting June 8th)

Whether you swim, skate, dance, play LAX, soccer, tennis or golf...

A 45-minute class for Athletes of all ages who want a challenging CORE based workout to improve performance, get the competitive “edge” & prevent injury. Class will finish with flexibility work.

\$10/class*-RSVP to confirm.

*clients can use their class card if they prefer

Mondays

12:30 PM

Lochmere Pavilion



Mondays & Wednesdays

4:15 PM

Stone Creek Village

Lochmere Pavilion 851-7221 Stone Creek Village 466-9989

www.trianglepilates.com