

# FLEX-N-CORE

**STARTING AUGUST 8TH  
BOTH LOCATIONS**



**Improve core strength and increase flexibility with this short format fitness series! Commit to just 25 minutes and "Feel the Difference!"**

## **Corners:**

**Monday/Wednesday  
12:15pm**

## **Downtown:**

**Tuesdays at  
11:30am**

### **COST PER 4 WEEK SERIES**

**MEMBER: \$25**

**NON-MEMBER: \$35**

### **DROP-IN PRICE**

**MEMBER: \$8**

**NON-MEMBER: \$12**

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