

FLEX-N-CORE

**COMING SOON!
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**

COST PER 4 WEEK SERIES

MEMBER: \$25

NON-MEMBER: \$35

Downtown:

**Tuesdays at
11:30am**

DROP-IN PRICE

MEMBER: \$8

NON-MEMBER: \$12

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