

C.O.R.E. WORKSHOP

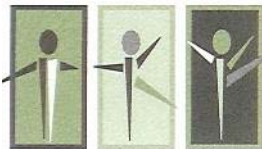
Reconnect with the joy of
movement...enjoy living and
moving in your body again!

*A unique opportunity to acquire the *knowledge and practical ability* to sit, stand and move through your day with greater *ease and efficiency*

*An excellent introduction into the highly effective realm of “*mindful movement*” to optimize performance whether you are a competitive or desk athlete

*A great way to *review and reinforce* the postural principles utilized in *alignment specific movement* (the fundamentals of the FunFit classes and sessions)

Minimal commitment of time and money (one hour-20\$)
Offered regularly at daytime, evening, and weekend times
Inquire at the desk for registration



Functional Fitness ~ Inspired Wellness
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