



CORE AND MORE

with Janice

4PM

MONDAY and WEDNESDAY

Finish up your afternoon with this great combination of strengthening and stretching exercises. *Core and More* will provide you with a variety of moves to strengthen your abdominal and back muscles, while challenging you to improve balance and coordination. Weights, resistance bands, stability balls, and other tools will be used to provide effective and efficient combinations of movements, for building core endurance and improving posture. We will end class with deep stretching and relaxation, sending you home feeling refreshed and making your day complete.

