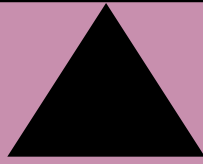


CORE Balance

6-Week Workshop



This workshop is designed to improve your balance with purposeful, functional movements geared to enhance:

- core awareness
- improve posture
- increase flexibility
- & build strength while becoming more mobile



Learn about our center of gravity and how we can use it to gain muscle control. All exercises can be completed with or near a chair for support.

6-week program meets 2 times/week.
Classes are 60 min. | Limited to 8 participants.

\$138/member & \$178/guest



Doylestown

Group X Studio B with Kristin Fredericks
Tues & Thurs, 1:15 - 2:15pm, Starts 1/29

Warrington

Group X Studio with Dot Maybaum
Mon & Wed, 1:45: - 2:45pm, Starts 1/21

New Hope

Barre Studio with Erin Moss
Tues & Thurs, 2:00 - 3:00pm, Starts 1/29