

# CORE CONDITIONING

*These 30 minutes will fly by as you twist, lift, swing and squeeze your abs into shape! Strengthen your core while toning your entire body! Performed in an interval setting, this core conditioning class is low impact, but not low in results! Come check it out!*

## WHEN:

Monday/Wednesday/Friday 5:30PM – 6:00PM

## WHERE:

Sterling Grade School Gymnasium

\* Classes begin Monday, August 17th

Bring an Exercise Ball, Exercise Mat and light hand weights if you have them

## Payment Options:

- NEW! Punch Card! Buy a punch card; use it for ANY class AND SAVE!!!!
  - o Members: \$36/punch card
  - o Non-Members: \$55/punch card  
(One card = 12 hours!!!)

Pay per class: \$1.50 members, \$3 non-members

**ASK ABOUT CHILD CARE!!!!**

