

# Week-Long Series: Your Core

**DATE:** Monday-Friday, Mar. 2 – Mar. 6

**TIME:** 9 - 10 am

**WHERE:** Body Renewal & Rejuvenation  
2130 Five Mile Line Road  
Penfield, NY 14526

**COST:** \$65. \$60 if paid in full by 2-14-2020.

**TO REGISTER:** Call/Text (585) 315-1726  
or  
Email [info@BodyRenewal-NY.com](mailto:info@BodyRenewal-NY.com)



This series is a challenging set of classes with most movements done on the floor. You will not be doing the traditional sit-ups or crunches in this class! Instead, you will learn that your core is affected by more than your abdominal muscles. In each class, you will learn a different idea of how your core can be stronger by moving a little bit differently.

If you are cleared for exercise and would like a stronger core, please join me **for 5 days Monday-Friday, March 2 - March 6, 9-10 am!**

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**or**

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