

# CORE ENERGY

Dedication + Determination = Results. Feel your best all day long with this high energy group training workout. No one said losing weight and getting in shape was easy, but with the help of Certified Personal Trainers, you can do it! This class will focus on core, cardiovascular, strength, endurance, and flexibility for a total body approach to fitness. Every class is different and is designed by certified personal trainers to keep the body guessing so you'll continually see results. **No class 7/4. Arrive early. \$9 drop in fee.**

**Level: Beginner/Advanced.** Instructor: LiveWire



130110-35	5/2-5/27	6:10-7AM	\$95/\$104.50
130110-40	6/1-6/29	6:10-7AM	\$95/\$104.50
130110-50	7/1-7/29	6:10-7AM	\$95/\$104.50
130110-60	8/1-8/31	6:10-7AM	\$95/\$104.50

*All classes are held at the Rosemeade Recreation Center*

972-466-9801

