

# CORE ENERGY

**Instructor: LiveWire Fitness**

## **Dedication + Determination = Results**

Feel your best all day long with this high energy workout.

No one said losing weight and getting in shape was easy but, with the help of Cooper Elite 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 to keep the body guessing so you'll continually see results.

**Arrive early. \$9 drop in fee. Level: Beginner/Advanced.**

**No class 12/24 or 12/26**

<b>CLASS#</b>	<b>LOC</b>	<b>AGE</b>	<b>DATES</b>	<b>DAY</b>	<b>TIME</b>	<b>#CLSS</b>	<b>\$(RES/NR)</b>
130110-70	RRC	18+	12/1-12/31	M/W/F	6:10-7am	12	\$89/\$98
130110-00	RRC	18+	1/5-1/30	M/W/F	6:10-7am	12	\$89/\$98
130110-10	RRC	18+	2/2-2/27	M/W/F	6:10-7am	12	\$89/\$98
130110-20	RRC	18+	3/2-4/3	M/W/F	6:10-7am	12	\$89/\$98
130110-30	RRC	18+	4/6-5/1	M/W/F	6:10-7am	12	\$89/\$98



For more information, please call 972-466-9800.

Register Online at: [cityofcarrollton.com/signupnow](http://cityofcarrollton.com/signupnow)