

All fitness  
levels welcome.

Imperial Park Recreation Center  
234 Matlage Way  
Facility usage card required.

# CUSTOM CORE

# PLATES

**NO CARDIO — NO IMPACT — ALL CORE**

We train from the inside out using various techniques to build upon your strengths and banish your weaknesses. Improve core strength and stability, posture and balance, and flexibility.

\$40 per month One Class  
\$60 per month Two Classes  
Thursdays 7-8 p.m.  
Saturdays 10-11 a.m.

*\$60 equipment fee (paid to instructor)  
Includes: exercise tube, band, 2 exercise  
balls with pump, water bottle and bag*

