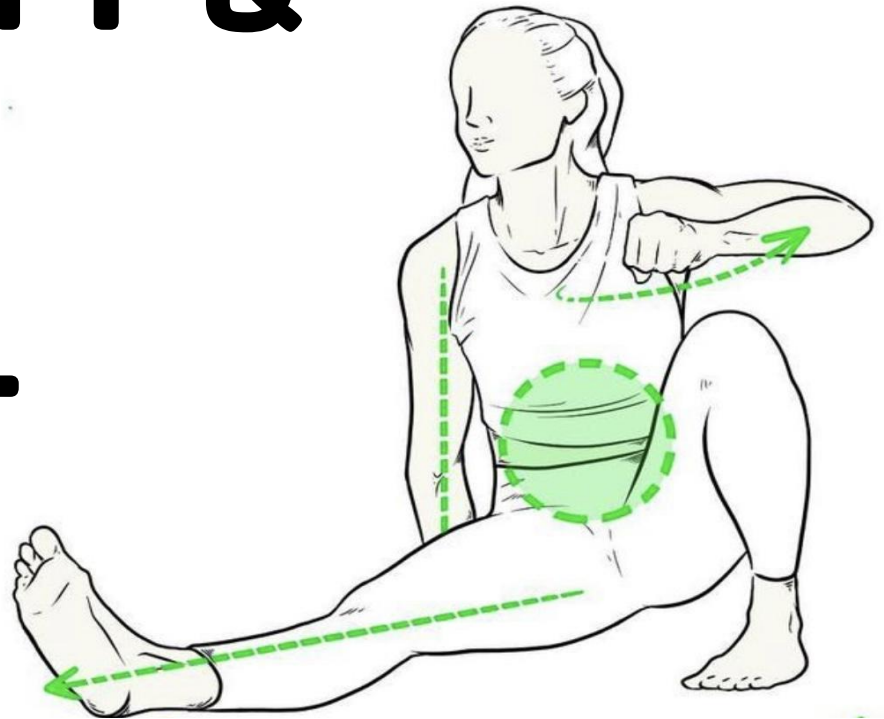


SATURDAY MORNING



MOBILITY & BODY WEIGHT CLASS



9:00 AM led by Charleton Jackson

Get primal in our Pilates-style class designed to strengthen full ranges of motion throughout the entire body. An emphasis on low-impact, focused & functional movement to empower your body in everyday life.

Quickly discover weaknesses and find *YOUR FLOW!*

Register at the front desk. ?'s, call 812.988.9622

Start date Saturday, January 8, 2022