

**Now Offering  
New Classes  
&  
New Instructors**



Embrace  
your **core**  
body

**ZUMBA** Fridays (5-6pm) *Additional Class*

**PILATES** Thursdays (10:30-11:30am) *New Instructor & Additional Class*

**YOGA** Tuesdays (9:15-10:15am) *New Instructor & Additional Class*

**KETTLEBELL** Mondays (12-1pm) & Sundays (9-10am)

*Kettlebell is a special pre-paid class that is not included in gym membership*

**core studio**  
WELLNESS  
CENTRE

*'Health Fitness for smart people'*