

February 2020

Strength & Core Combo

Upper body conditioning with hand weights, abs & back mat exercises, and brief low impact cardio bursts for the healthy heart!



Core-Yoga-Fitness.com



Class Card Packages

6 pack for \$80*
10 pack for \$120*
20 pack for \$220*

(*Valid for 6 months)
from date of purchase)

~~ Yoga, Pilates, Cardio, Strength ~~

~~ Celebrating 16 years of Spreading Health and Wellness to the Community ~~

Sunday	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday
2 No Class	3 8:15-9:15pm Zumba®	4 8:00-9:15am YOGA	5 8:15-9:15pm YOGA Core	6	7 5:30-6:30am Sunrise YOGA	8
9 8:45-10am YOGA	10 8:15-9:15pm Strength & Core Combo	11 8:00-9:15am YOGA	12 8:15-9:15pm YOGA Core	13	14 5:30-6:30am Sunrise YOGA 	15
16 8:45-10am YOGA	17 8:15-9:15pm Strength & Core Combo	18 8:00-9:15am YOGA	19 8:15-9:15pm YOGA Core	20	21 5:30-6:30am Sunrise YOGA	22
23 8:45-10am YOGA	24 8:15-9:15pm Strength & Core Combo	25 8:00-9:15am YOGA	26 8:15-9:15pm YOGA Core	27	28 5:30-6:30am Sunrise YOGA	29

www.Core-Yoga-Fitness.com Colleen.Kelleher@verizon.net Text me: 508-633-9460 ColleenKelleher.com

Classes Held at East Coast Dance Center 6 Washington Street North Reading, MA

Check out Website, Facebook and join the mailing list for any schedule changes.

Weather cancelations will be announced via email, Facebook & on website: by 5:30pm before night classes, by 8:00pm the night before for Sunrise class, and by 6:30am for other morning classes.