

TITAN FIT ZONE CORE CLASS



A ½ hour class concentrating on core specific workout
(Abdominals, Back, Hips)

Bring some water and a towel!!

SPACE IS LIMITED. MATS ARE PROVIDED.

6PM

Tuesdays: Nov 10, 17, 24 and Dec 1, 8th

Thursdays: Nov 12, 19 and Dec 3, 10th

You must be a registered user of the **Titan Fit Zone.**

This is a drop in class only!

