

# GROUP EXERCISE CLASS SPOTLIGHT

## Center Yourself

Join Jessica for this new 30 minute workout that incorporates yoga, core, strengthening, and stretching moves all rolled into one quick feel good class. Movement set + chill jams.

Yes, please!

Join us on the following days and receive a give-a-way when you attend!

Tuesday, October 10th @ 11:15a  
Wednesday, October 11th @ 4:15p

