



CORE CONDITIONING



**TUESDAYS
+ THURSDAYS
AT 9:15AM
IN MARIPOSA
WITH TARA**

Explore functional core movements while challenging your core stability. We'll use a variety of modalities to strengthen the core. From basic lifts to cardio movements, we'll work all areas of our core to strengthen our foundations.

\$8 EACH CLASS

Pay by Member Charge or Unlimited Monthly Fitness Class Pass

(SGT classes, clinics & DV cycling classes excluded, passes are non-transferable and guests not included).