



Senior CORE Classes:

Learn how to STRENGTHEN your core muscles...helps your back, balance and posture!

2 Classes Available:

Monday's 12pm- Core & More

Wednesday's 12pm- Core & More

***Core*Posture*Balance*Strength*Stretch**

Certified Personal Trainer, Senior & Group Fitness Specialist, NASM

Modified chair class, safe yet challenging

Progressive step by step Feel Better Fitness program

Personal training experience in a small group setting

Health history form for each client for a customized class

Weekly exercise homework sheet

Equipment provided: bands, core balls, core stick, weights & surprises

FREE makeup class to accommodate schedule

Builds overall strength, balance, corrects posture and prevents injuries

Where: Royal Palm Beach Recreation Center: 100 Sweet Bay Lane, Royal Palm

6 week session- \$45 Resident/\$55 Non-Resident

Feel Better ®Fitness LLC, Melissa B. Cianfrini, Feelbetterfitnessprogram.com (561)329-4197

