



The Interchurch Center
Wellness Center



2019 Spring/Summer Noon Time Exercise Class

Classes to be held at 12 pm Tuesdays & Thursdays in Cafe Room #3
Beginning May 7, 2019

Tuesdays Cardio Sculpt: Energetic practice connecting breath & movement together, building balance & strength while moving with fluidity.

Thursdays Yogi-Toning: A total body work out with focus on core strengthening.

\$130 for Both Classes for 10 weeks

\$65 for Choice of either class once per week for 10 weeks

Registration & Payment Deadline:

Friday, May 3, 2019

LIMITED SPACE AVAILABLE

Sign up at the Wellness Center, Suite 241

OPEN TO TIC TENANT EMPLOYEES ONLY