

Core Integration

12-1 p.m., Fridays, starting 10/21

In this, her unique specialty class, Sara Hauber, M.A., leads you through an innovative blend of functional fitness, core work, yoga, and balance training. It's fun and oh-so challenging! You'll relieve back pain, achieve great posture, and ***leave class feeling like a new person.***

Appropriate for all skill levels.

Balanced Movement Studio, 304 W. Weaver St.
Phone (919) 942-0240 for details.

See www.SaraHauber.com for more info.

