

**INTRO TO CORE DE FORCE**  
**Date: Saturday, December 16**  
**Time: 8:00 AM**  
**Where: Aerobic Gym at the Y**

**Take the boring out of cardio and get empowered. This workout combines authentic Boxing, Kickboxing and Muay Thai moves, explosive power moves and interval training that all engage the core. Modifications from beginner to advanced levels are available.**

**\*Regularly scheduled class will start on Tuesdays @ 5:40 PM beginning January 2nd**

**You've spoke, we've listened!**

Coming January 6th we will be starting a **\*SATURDAY\*** morning group fitness class from 8-9am. Class types will range from Yoga, HIIT, Strength Train Together, Cycling, our newest class, **CORE DE FORCE** and more. Check the schedule for specifics and make an appointment with yourself to join us at the Y!