

Join us for Cardio Core Class!

This is a core focused class. You'll use your own body weight to achieve great results. And we will add some spurts of cardio mix in throughout the workout.

6-week sessions

Mondays, 1/7 - 2/11, 6:30 - 7:30 p.m.,

Training Solutions, 203 W. Wisconsin Avenue
Pewaukee, WI 53072



**Class Fee: \$15 per class
or \$90 for full session**

Register online at
www.trainingsolutionswi.com

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Pewaukee, WI 53072
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