



15-MINUTE CORE CONDITIONING

Targeting the abdominals, obliques and lower back, the Core Conditioning Class includes crunches, bridges, planks and more. A strong core helps improve your posture and balance and prevent injury.

MONDAY-FRIDAY
CLASSES OFFERED AT:

6 a.m.
7 a.m.
10 a.m.
Noon
2 p.m.
5:30 p.m.
7 p.m.

SATURDAY
8 a.m.
Noon
2 p.m.

15-MINUTE MYOFASCIAL RELEASE

Using your own body weight on the foam roller, myofascial release exercises can improve your flexibility and function while helping you relieve pain and prevent injury.

MONDAY-FRIDAY
CLASSES OFFERED AT:

6:15 a.m.
7:15 a.m.
10:15 a.m.
12:15 p.m.
2:15 p.m.
5:45 p.m.
7:15 p.m.

SATURDAY
8:15 a.m.
12:15 p.m.
2:15 p.m.

Get CooperizedTM



Cooper Fitness CenterTM
A COOPER AEROBICS COMPANY