

Mark your
calendars!!

Saturday,
June 15th
9:15-10am

Introductory Core to Floor class

Have you ever experienced a few drops of leakage when coughing, sneezing or laughing? This is not "normal"!

Find out where to start when it comes to strengthening your pelvic floor and core muscles. RSVP by phone or email for a FREE class.

(402) 933-8383

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