



Upcoming Dates:
9/17 and 10/15
5:15-6:00pm

Core to Floor Class

Fall is the perfect time to start strengthening your pelvic floor and core muscles to prevent or decrease symptoms such as bladder/bowel leakage, constipation, and pelvic pain.

Attend a FREE class for instruction in beginner level exercises. RSVP by phone or email for yourself and a friend!



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