

Core Endurance

Low impact exercises that develop long, lean, functional muscles for any sport or activity. It's focus is position, alignment, and then how much you can do in the position. Get physical results for long, lean thighs, strong glutes, and defined abs in safe way. If you want these results with mindful breathing in limited time, then Core Endurance is for you!

COST: Punch Card - \$39/members, \$51/non-members

Punch cards are good for ANY 12 classes on the schedule (water or land) and never expire.

AGE: 14 years+ | **INSTRUCTOR:** Noelle McQueen

SATURDAYS / 10:15-11:00AM



Don Rodenbaugh Natatorium / 110 Rivercrest Blvd, Allen, TX 75002 / 214.509.4770 / AllenParks.org

