



The Interchurch Center
Wellness Center



2018 Fall/Winter Noon Time Exercise Class

**Classes to be held Tuesdays & Thursday
Beginning October 2, 2018**

Tuesdays

Cardio Sculpt: Energetic practice connecting breath & movement together, building balance & strength while moving with fluidity

Thursdays

Yogi-Toning: A total body work out with focus on core strengthening

\$130 for Both Classes for 10 weeks

\$65.00 for Choice of either class once per week for 10 weeks

**Registration & Payment Deadline:
Thursday, September 27th
LIMITED SPACE AVAILABLE**

**Sign up at the Wellness Center,
Suite 241.**

Open to TIC Tenants & Employees Only.

