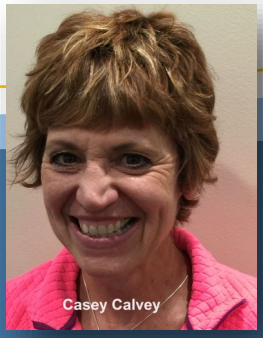
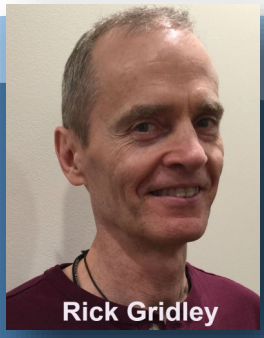
Core Essentials

Yoga Exercises to Tone and Balance the Deep Core

Who Can Benefit: mothers of any age; people with “rock-hard” abs (from over training); people with incontinence or who carry stress in the deep core

Sunday, June 12, 2016 from 11:00 - 1:00pm

Riverwalk Athletic Club, 225 Water St. Binghamton NY
Fee: $20 for RAC members, $30 for non-members

Deadline to Register: 6/9/16 Call the RAC @ 607-217-5995

Instructors