



## June Series -Core w/Barre

This series improves core strength, upper body strength, flexibility with emphasis on breathe and body awareness. Use of ballet barre, pilates ring, exercise balls, sliders, rollers and more.

### Tuesdays & Thursdays

5:15pm

June 5th - June 28th  
(10% Off FitYoga Members)

- 1) 8 Pack -\$124
- 2) 4Pack - \$66
- 3) Drop In \$17

### Pre-Registration

Contact Jill  
fityogajill@gmail.com  
214-693-4895

Pilates ring is used to strengthen inner thighs and core muscles.



Pilates ball is a great tool to help isolate the lower abdominals.

