



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

(10% Off FitYoga Members)

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

Pre-Registration

Contact Jill
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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.



www.fityogajill.com