



JANUARY 6 – FEBRUARY 24

WEDNESDAYS FROM 11:45AM – 12:30PM

MIND AND BODY CONDITIONING TO STRETCH AND STRENGTHEN
THE BODY THROUGH STRUCTURED POSES AND STRETCHES.

TAUGHT BY LATISHA IDLEWINE, CERTIFIED PERSONAL TRAINER. FOR AGES 13+

\$80 FOR AN 8 WEEK SESSION
REGISTRATION ENDS: DECEMBER 30

COLUMBUS GYMNASTICS CENTER
405 HOPE AVE. COLUMBUS, IN 47201
(812) 376-2680 / WWW.COLUMBUSPARKSANDREC.COM

