

Wall Recreation Presents:

# Core & More

## FITNESS PROGRAM

This NEW class for 18+ is a total body workout using various resistance props to help you achieve that desired sculpted figure. Increases muscular strength, endurance, core stability & balance.

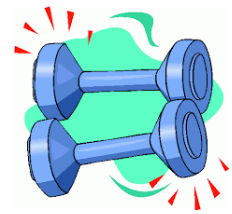
Instructor: Valerie Maugeri ACE Certified Personal Trainer

**\*\* All Fitness levels welcome \*\***

**WHEN?** Mondays October 15– December 10th (No class Nov.12)

**WHERE?** Municipal Building / Lower Level—Middle Room

**TIME?** 5:30pm-6:30pm



**FEE?** Wall Residents / \$85 per person  
Non-Residents / \$95 per person

To Register Please go to <https://register.communitypass.net/wall>

*Fee is non-refundable unless program is cancelled by the Recreation Dept.*