

C.O.R.E. Performance

Stop competing with others & start competing with yourself.

Mondays & Wednesdays @ 4PM

- ✓ **Combat Trouble Spots**
- ✓ **Overcome Injury & Weakness**
- ✓ **Reach Fitness Goals**
- ✓ **Enhance Performance**

No reservations needed – Cost is \$15 per session.

All fitness levels encouraged to attend.

QUESTIONS?

**PLEASE CONTACT CERTIFIED PERSONAL TRAINER, AMANDA CLARRAGE AT:
AMANDA CLARRAGE@YAHOO.COM, OR THE FRONT DESK AT (281) 348-2205.**

