## ESSENTRICS

MOBILITY - STRENGTH - FLEXIBILITY - RANGE OF MOTION -



5 WEEKS 5 ESSENTRICS CLASSES 5 BENEFITS

REBALANCE YOUR BODY, IMPROVING FLEXIBILITY. POSTURE. RANGE OF MOTION. **MUSCLE STRENGTH** 

1 CLASS A WEEK 2 CLASSES A WEEK \$85 FOR 5 WEEKS \$170 FOR 5 WEEKS

NORMAL PRICE PER CLASS IS \$20. FOR THIS SESSION YOU GET A **DISCOUNT OF 15% NEW STUDENTS ONLY.** 

TUESDAY & THURSDAY AT 6:30PM COMPLEX SPORTIF SAINT RAPHAEL. ILE BIZARD STARTING THE WEEK OF NOVEMBRE 18 TO THE WEEK OF DECEMBER 16

FOR INFORMATION AND REGISTRATION PLEASE EMAIL ME AT: LINDA.ESSENTRICS@GMAIL.COM