



# CORE DYNAMICS

FITNESS AND NUTRITION SERVICES

## BOSU Core & More!



### GET YOUR DREAM ABS!

**Monday & Wednesday**

**9:15 am - 10:15 am**

**May 31 - July 7, 2010**

**\$120**

**(Must have a minimum of 5 people)**

Payment in full due the first week of the program. Sorry, no refunds. Pending space available, drop-ins are welcome at \$16/class.

Register by calling or emailing as soon as possible.

Space is limited!

**Libby Newsome, Owner & Certified Trainer**

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Visit the web page at [www.triadfitnessadvisors.com](http://www.triadfitnessadvisors.com)

(Click on "Affiliates" then on "Personal Trainers")