

FITNESS

WITH

ERIKA



Collier Community Center | 5 Lobaugh Street, Oakdale, PA 15071 | 724-693-0780

CORE CONDITIONING & STRETCH CLASS
(6-WEEK SESSION)

This class will educate and instruct proper form for floor and standing core exercises. The program is designed to build stability, strength and endurance of all the core muscles. A portion of the class will be dedicated to overall stretching of the limbs and back. All levels welcome. Yoga mat needed.

Mondays

9:30 - 10:30 AM

April 8th - May 13th

Members: \$70 Full Session | \$12 per class drop-in

Non-Members: \$85 Full Session | \$15 per class drop-in



REGISTRATION:

Scan QR Code

724.693.0780

www.colliertownship.net

