



FREE FITNESS CLASS

Core Flow Fitness

Strengthen your core while developing flexibility and releasing stress. Bring an exercise mat, a towel, and water for a work out designed to increase muscle strength and endurance, sculpt, and promote relaxation. (A limited amount of mats are available if needed.) The class will be held on Thursday nights at 6:30 p.m. at Blackwell Community Center. This class is brought to you by:



NEED A STRONGER
CORE?

WANT TO INCREASE
FLEXIBILITY AND
STRENGTH?

TAKE A STEP TO
IMPROVE HEALTH
AND REDUCE
STRESS

JOIN THE FREE CORE
FLOW CLASS

JUST BRING A MAT,
TOWEL, AND WATER

BLACKWELL COMMUNITY CENTER

300 E 15th Street
Richmond, VA 23224
(804) 646-8630

Sue Ann Curran, Instructor
Active RVA Warrior

Weekly on Thursdays
6:30 p.m. – 7:30 p.m.