

# Feathers Wellness Studio

## Upper Body/Core Class 8 Weeks



Please join personal trainer and RYT, Monica for an 8 week series of complete body workouts focusing on toning the upper body and strengthening the core muscles.

With Monica's guidance designed for each individual, you will work on improving strength and toning chest, arms, back, and abs.

Using up to date physical fitness techniques and yoga postures this series will help:

- Strengthen and tone upper body
- Increase flexibility safely
- Strengthen core to help protect the back
- Improve body posture
- Increase stamina

**8 Wednesdays beginning 1/18/12 from 6:30 pm - 7:45 pm**

Drop-ins only as space allows at regular class price of \$12

For one 8 week series Before Jan 10th \$ 80 (A savings of \$16!) After Jan 10th \$85

For both 8 week series Before Jan 10th \$150 (A savings of \$21!) After Jan 10th \$165

*...Keep your resolution to be healthier!*

**12 Union Street Weymouth, MA 02190**

**339-499-1057**

**[www.FeathersWellnessStudio.com](http://www.FeathersWellnessStudio.com)**