



“After having children, I had no core strength and I struggled with back pain. This class helped me feel strong in my body again and my back doesn’t hurt anymore!”  
~Jennifer

“I look forward to this class every week. It’s a great way to start my week.” ~Linda

# Core Rebuild

A welcoming, relaxing and supportive class designed for women wanting to reconnect and rebuild their core. Appropriate for all levels of fitness and experience!

**Monday’s 6:30-7:15pm**

-at-  
Optimize Health & Wellness

**6B Glen Ed Professional Park**

**Glen Carbon, IL**

“I learned how to breathe again!”

~Sarah

**Pricing:**

Single class     \$15.00

4-class pass     \$58.00

For Information email [jamie@jamierosswellness.com](mailto:jamie@jamierosswellness.com) or Text (360) 305-6790

Preregistration required at <https://square.link/u/u4rfXRMv?src=sheet> or QR

