

Functional Core Conditioning

with

Iron Brick Coaching

Would you like to strengthen your core, improve your overall fitness, or just try something new during the off season?

Functional Core Conditioning will increase your overall stability and is a vital component of any fitness plan .

Time: Tuesday and Thursday 6:15 pm to 7:15 pm

Location: Saint Louis Injury and Rehab, Webster Groves

Fee: \$60.00 (1 night/wk) or \$90.00 (2 nights/wk) - 8 wk session



TO REGISTER:

E-mail – ironbricktri@gmail.com or 314-608-5158