

New at Olmsted Community Center!

Barre Fitness

A Ballet-Inspired Workout for Core Strength & Low-Impact Cardio.
Targets Gluts, Thighs, Abs & Improves Balance & Posture!
Peaceful & Enjoyable!

6-Week Session Starts: Thursday November 1, 2018

Time: 7pm-8pm

**Cost: \$10 per each Class or \$55 upfront for full 6-Weeks
Drop-ins Welcome!**

Location: Olmsted Community Center - in Dakota's Dance Studio Downstairs
8170 Mapleway Drive, Olmsted Falls 44138

**Contact Rebekah Gole for Registration: Call/Text 440-537-2524
or Email RLGOLE@sbcglobal.net**



