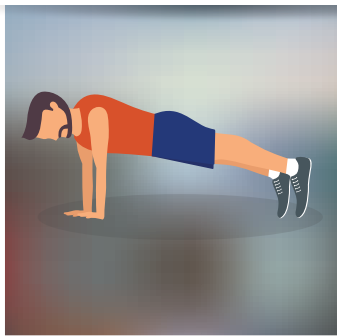
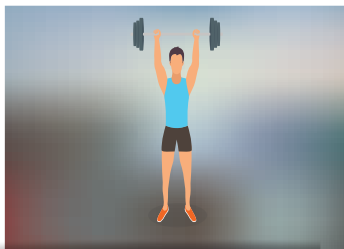


Plyo-Core Fitness

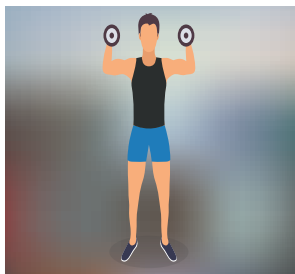


MONDAYS
7-8 PM

Instructor:
Philip Temidara

Ages 15+

High intensity speed, agility, and core strengthening fitness program. It will be geared towards enhancing athletic performance for athletes or individuals seeking to raise the intensity of their workout experience.



October 14-November 25
(No class Nov. 11)

\$35/5 weeks

Location:

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

Register now at the NASC, or online at norwalk.org.

For more information,
please call 562-929-5566.