

FOUNDATION TRAINING

Relieve pain, improve athletic performance,
and prevent injuries

Back & Joint Pain Relief Workout

2 sessions to choose from

Each session offers 4 workouts over 4 weeks

**Tuesday
Mornings**

7:45-8:30am

Feb 17-Mar 10

Montage Salon and Spa

**Wednesday
Evenings**

6:30-7:15pm

Feb 18-Mar 11

**Amarillo Town Center
Cornell**

All 4 workouts:

\$60 for pre-registered participants

\$80 for walk-ins

TO REGISTER: Use website, email or phone below.

** Register early. Class size limited. Walk-ins as space available.*

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FROM PAIN TO PERFORMANCE