

Fort  
Bragg

REDWOOD HEALTH CLUB.org

The Premier Fitness Club On The Mendocino Coast

[www.redwoodhealthclub.org](http://www.redwoodhealthclub.org)

# Core Essentials

March 9—April 15

Tuesday & Thursday

9:00—9:45 a.m.

with Shannon Smith

**Challenge your core strength and flexibility and improve your posture with this intense mat workout. This class is specifically aimed at working the abs, glutes and back through a series of mat work exercises. There are a few mats available for use; however, bringing your own is encouraged. This class is presented in session form, please see the schedule for dates.**

Class free to members; non-members \$10.00