



A.C. Lewis
225-924-3606

Gravity Class! Core Dynamics

**Monday at 6:05PM
Wednesday at 6:05PM
Friday at 12:00PM**

Core Dynamics is a blend of the traditional strength program and Pilates-based exercises into one class. This is a 45 minute class and the result is a total body workout with a new focus. You will get the benefits of our Strength program with the body awareness and core control that come from a Pilates-based program.

For more information please call 225-924-3606

“We build strong kids, strong families, strong communities”