



## MOVES FITNESS

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**9am-10am**  
Sit and B Fit

**9am-10am**  
Sit and B Fit

**9am-10am**  
Sit and B Fit

**9am-10am**  
Sit and B Fit

**10am-11am**  
Silver Sneakers

**10am-11am**  
Silver Sneakers

**10am-11am**  
Silver Sneakers

**10am-11am**  
Silver Sneakers

**11am-12pm**  
Circuit Training

**11am-12pm**  
Circuit Training

**11am-12pm**  
Circuit Training

**11am-12pm**  
Circuit Training

**12pm-1pm**  
Core Therapy

**12pm-1pm**  
Core Therapy

### Amy Bonczek, CPT

Classes are offered to stretch, strengthen, and learn to control your muscles. Exercises are done with balls, bands, and weights along with just your individual body weight; designed to sculpt and feel better.

*Don't exercise because you hate your body, Move because you love your body"*



**"The body achieves  
what the mind  
believes"**

- **Improve Mood**
- **Relieve Stress**
- **Increase Strength**
- **Improve Concentration**

**\$10 per class,  
unless otherwise  
stated**

**Packages Available**



**ALL CARE  
CLINICAL WELLNESS**

**8900 Park Boulevard N.  
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