

TOTAL BODY FITNESS: STRENGTH AND CORE WITH CHRISTINE THOMPSON

In this one hour class, our focus is to give the entire body a solid workout. Free weights, core strength and cardio will leaving you feeling accomplished AND strong!

When: Saturday at Noon, come early to register.

Classes start on Dec. 17th

Where: Peachtree City Therapeutic Massage

111 Petrol Point

Peachtree City, GA 30269

Cost: Drop in class is \$12, punch cards are available \$110 = 10 class studio punch card. Choose from a wide variety of classes, including fitness, bellydance and yoga classes.