



CORE FITNESS CLASS

Sculpt your midsection as you improve your body's overall functional strength, balance and coordination.

1st CORE Class is ***FREE!!***

I also offer Group, Private and Semi-private Gymnastics for all ages.



Patti Berlin

Fitness & Gymnastics
Instructor

Patti@synergy-dance.com
734-968-4272 - Cell

Only at:



SYNERGY DANCE ACADEMY
AND PERFORMING ARTS STUDIO

www.synergy-dance.com

734-207-7808 - 500 Main Street Plymouth MI 48170