



# 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](http://www.synergy-dance.com)

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