

Gravity is a fun and innovative program that provides full body conditioning through resistance training or Pilates. In small groups or individually, your training sessions are monitored for maximum results in just 45 minutes. Or, in other words ... less clock, more rock.

AGES 18+ and Adults

COST \$120 for Fitness Members per 6-Weeks
\$150 for Non-Fitness Members per 6-Weeks

TRAINERS



Regina Rosner

- Over 25 years in the Fitness Industry
- 2015 Distinguished Service Award
- Post Rehab, Small Group & Personal Training



Eddie Hall

- 17+ years of Personal Training Experience
- 2017 National Asana Yoga Champion
- Group Fitness, Yoga, and Gravity Instructor

INFO rrcoreworks@gmail.com



CoreWorks

By Regina



REGISTER TODAY!

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