

Core-training specialist [Sara Hauber, MA](#), is pleased to present

Core Integration - 5:30 Mondays

In this, her unique specialty class, Sara leads you through a series of deceptively simple, but very challenging, movements. An innovative blend of Pilates, core work, yoga, and balance training, this class helps you:

- **Strengthen stabilizers** in your core, pelvis, and shoulders to make all of your daily activities more efficient and pain-free;
- **Stretch tight muscles** in your hips, chest, and neck to take pressure off joints that hurt; and
- Strengthen your upper and lower back, glutes, and abs so you can **move through life with gorgeous posture and a healthy back!**

Only \$11 (package) to \$15 (drop in) per class!

...

Interchange MWC

1147 S. Wabash (at Roosevelt)

CTA Red, Green, Orange lines stop ½ block away

...

Please call (312) 235-0900 to buy your package today!



To learn more about Sara,
see
www.SaraHauber.com.