



Core Performance Class Schedule

Fall 2019



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	6:00-6:45 AM STRENGTH & CONDITION WITH DEB FREDRICKSON	6:00-6:45 AM CARDIO BLAST WITH BRAD	6:00-6:45 AM TOTAL BODY WORKOUT WITH MILA	6:00-6:45 AM CARDIO BLAST WITH BRAD	6:00-6:45 AM STRENGTH & CONDITION WITH DEB FREDRICKSON	7:30-8:30 AM CARDIO BLAST WITH BRAD Sign up required	
		8:30 -9:15 AM TRX STRENGTH & CORE WITH DEBBIE FREDRICKSON		8:30 -9:15 AM TRX STRENGTH & CORE WITH DEBBIE FREDRICKSON		8:40 AM HIIT WORKOUT WITH CASI	
CORE PERFORMANCE HEALTH AND FITNESS							
AFTERNOON CLASSES	5:15 PM DROP, SET AND MOVE WITH BRAD Sign up required	5:15-6:00 PM STRENGTH & CONDITIONING WITH KIM DUKE	5:15 PM DROP, SET AND MOVE WITH BRAD Sign up required	5:15-6:00 PM CARDIO, CORE & MORE WITH MILA			



WWW.COREPERFORMANCE.COM		PERSONAL TRAINING	
CORE PERFORMANCE HEALTH AND FITNESS 55 BRISTOL LANE ELLICOTTVILLE NY 14731 OWNER KIM DUKE 716-698-1198  CORE PERFORMANCE HEALTH AND FITNESS		CLASS PRICES \$10 INDIVIDUAL CLASS \$80 – TEN PACK \$125 UNLIMITED MONTH	KIM DUKE 716-698-1198 BRADLEY POOLE HEALTH AND FITNESS   DEBBIE FREDRICKSON 716-474-5176 CASI DEPEW FITNESS  