

# X-Treme Core

Get ripped abs, stronger hips, and a more powerful core with this training regimen. Everything you have ever wanted in a Core workout is here, are you ready?

**When is it?:** April 13th @ 5:00pm, every Tues. and Thurs. @ 5:00 pm.

**How long does it last?:** From April 13th - May 6th.

**How much is it?:** \$45 for 8 sessions

**How can I sign up?:** Sign up at the front desk of TLAC anytime before April 15th.