



Mat Core Class

For strength and mobility

Looking for a full-body workout? Join our Mat Core Class and begin your journey to a healthier, fitter you! This class will consist of exercises and stretches in a variety of positions that includes standing, sitting, and laying on the mat.

Benefits of this class:

- ✓ Improve overall body strength
- ✓ Increase flexibility and stability
- ✓ Reduce stress

Class participation requirements:

- ✓ Wear comfortable clothes
- ✓ The ability to get up and down from the floor
- ✓ A yoga mat

Preregistration required for first class (inquire at front desk). All paperwork must be completed and turned in at least one week prior to the start date.

Investment: \$20 per class. You may reserve your spot by remitting payment no later than the Thursday prior to each class. Payments are non-refundable. Class size is limited and is on a first-come, first-served basis.

When: Every Tuesday at 1:30pm, beginning February 6, 2024.

Where: Motivate's SelfCare U Studio, 4920 East State Street, Suite 4, Rockford, 61108

Donna Moore will instruct this class. Donna is our dedicated and experienced Rehab Technician. She has been teaching core reeducation exercises, individualized exercise programs, and wellness classes for over 40 years.