



FREE CORE STRENGTHENING & CARDIOVASCULAR FITNESS CLASS

Presented by Leslie Foley, DPT & Hannah Worrall, PTA

START YOUR MORNING WITH US. Ankeny Physical & Sports Therapy is hosting a cardio-core fusion class where you can learn to use body weight resistance and resistance bands to build core strength and cardiovascular endurance

CLASSES WILL BE OFFERED AT ANKENY PT

301 North Ankeny Blvd

Ankeny, IA 50021

Tuesdays & Thursdays 5:45 a.m. - 6:30 a.m.

Saturdays 7:00 a.m.- 8:00 a.m.



www.ankenyp.com

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