

ROCK YOUR CORE

SIMPLE AS THAT

WELCOME TO CORE & MORE! MY DREAM SINCE I WAS IN COLLEGE IS FINALLY COMING TRUE... A FRIENDLY AND CONVENIENT GYM WITH A CAFE ATTACHED IN THE FRONT. I HOPE YOU WILL JOIN US AS WE TEACH YOGA, KICKBOXING AND A VARIETY OF OTHER CLASSES TO GET YOU IN SHAPE, LEARN HEALTHY HABITS, GRAB A SNACK AND LIVE LIFE TOGETHER! I CAN'T WAIT TO MEET YOU!



MEET HEAD
MANAGER AND
INSTRUCTOR
BLYTHE WESTFALL

LOCATED IN THE
HEART OF BOSTON!



CLASSES KICK-OFF
AUGUST 28TH!