



DESTINATION BARRE GOLD



**TUESDAYS
AT 1:00PM
IN MARIPOSA
WITH TERILEE OLIVIER**

a workout modality **SPECIFIC** to autoimmune conditions, such as osteoarthritis, rheumatoid arthritis, and hip and joint bursitis. The **FUNDAMENTAL** focus of Destination Barre Gold is to target your deep core which will help provide stability to the pelvis and lumbar spine. This standing Barre Gold workout will rehydrate, loosen, and rebalance your fascia. The goal of this program focuses on strength, flexibility, and range of motion to loosen your hips and strengthen the alignment of your feet, ankles, and mind-body connection.

\$7 EACH CLASS:

Pay by Member Charge or Unlimited Monthly Fitness Class Pass

(SGT classes, clinics & DV cycling classes excluded, passes are non-transferable and guests not included).



*SaddleBrooke HOA2
Fitness and Wellness*

**FOR MORE INFORMATION CONTACT
DESERTVIEW FITNESS CENTER AT 818-1300**