

# Virtual Core & Mobility Class

**Join Coach Tammy from AllOne Health Wellness for a 30 minute Core & Mobility class!**

Get ready to improve muscular strength and endurance in your core - abdominals, low back, and glutes - with this quick and effective workout! We'll also work on increasing range of motion and releasing tight muscles through stretching and mobility movements.

Drop in to the class as your schedule allows. Variations will be given for all fitness levels. Fitness mat recommended if using a hard surface.

**Click [here](#) to join on Teams!**



**Wednesdays  
January 24 - February 28,  
2024  
7:30-8:00am CST**