

Harrisonville Parks & Recreation

HardCore & Stretch

Join Instructor

Andy Laughlin

Monday, Wednesday, & Friday

10:30am-11:30am

7:00pm-8:00pm

FREE to Members / \$36* Non-Members

**(Cost per 6-week session for each weekday registered)*

HardCore & Stretch! Build strength in your core by using different resistance methods, & improve your flexibility with dynamic, static, & PNF stretching!

(PNF - Proprioceptive Neuromuscular Facilitation)

Register online or for more info contact Vince Schroeder, ext. 5988



**HARRISONVILLE
COMMUNITY CENTER**

2400 Jefferson Pkwy Harrisonville, MO 64701

www.HPARKS.com | (816) 380.8980

"Let us be the best part of your day and first choice for Health, Fitness & Fun!"