

Harrisonville Parks & Recreation

MOSSA CENTERGY

Join Instructor
Aubrey Graeve

Tuesday, Thursday, & Saturday
Mornings

From 9:30am - 10:30am

Free to Members / \$36* Non-Members

**(Cost per 6-week session for each weekday, morning & afternoon sessions registered)*

**MOSSA Centergy incorporates the fundamentals of
Yoga & Pilates with athletic training for balance,
mobility, flexibility, & core.**

**Emotive music drives the experience as you breathe
& sweat through this full body fitness journey.**

Register online | phone | in person Or for more info contact the Front Desk at 816.380.8980, ext. 6



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!"