



WCCCD CLASS

# AWESOME ABS

**JOIN INSTRUCTOR GWEN SCALES  
IN EXERCISES TO TIGHTEN  
ABDOMINAL MUSCLES,  
STRENGTHEN YOUR CORE AND  
IMPROVE BALANCE.**

**MONDAYS  
2:30 - 4 P.M.  
AUGUST 28 -  
DECEMBER 4**



FREE TO MEMBERS AND  
FUTURE MEMBERS



REGISTER AT 313.882.9600 OR [HELMLIFE.ORG](http://HELMLIFE.ORG)

# BODY ALIGNMENT

FREE TO  
MEMBERS  
AND  
FUTURE  
MEMBERS

WCCCD Continuing Education Class  
Instructor: Gwendolyn J. Scales

**Mondays,  
through December 4**  
101 for beginners) - 1 - 2 pm



This class focuses on body mechanics and postural alignment. Proper alignment of the body puts less stress on the spine and helps improve posture. Good posture promotes balance, flexibility and optimal range of motion.

Register at [helmlife.org](http://helmlife.org)

