



Strengthen Your Mind

Strengthen Your Body

Connect to your soul with
Pure Movement Classes —

Taught by

Fanchon Shur

A holistic approach to healing, fitness, and health

When:

Mon., 6:30 – 8:00pm **or** Weds., 9:00 – 11:00am **or** Sat., 9:00 – 10:30am

Where:

Growth in Motion Studio, 4019 Red Bud Ave., Cincinnati, OH 45229

Cost: 4-week series for \$48

Get Empowered and learn Core Movement Principles!

Contact Fanchon at 513-221-3222 or email fanchon@fuse.net

www.growthinmotion.org

Pure Movement Class

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