



Strengthen Your Mind

Rejuvenate Your Body
Connect to your soul with
Pure Movement Classes

**Taught by
Fanchon Shur**

A holistic approach to healing, fitness, and creative expression

When: Mon., 6:30 – 8:00pm and/or Weds., 9:30 – 11:00am

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

Cost: \$20/ class or \$48/ 4 classes

(mention this flier and receive one free class!)

Empower yourself by learning Core Movement Principles

Contact Fanchon at 513-221-3222 or email fanchon@growthinmotion.org

www.growthinmotion.org

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