

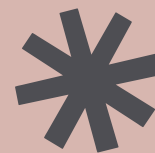


Please Join Us for Saturday Morning Fitness Classes!

Taught by Kay Dunlap, PT, DPT
Owner of Inspire Physical Therapy and
Wellness

Class Types:

- Bodyweight Strength
- Core Strength
- Mobility/Stretching
- Aerobics
- Suggestions Welcome!



Classes are designed at the Beginner
level with modifications given to make
it easier or harder for you!

Classes range from 30-45 minutes.



\$10

SPOTS ARE LIMITED



TBD: Indigo Massage and Wellness
Benton Park or Maplewood

Starting June 2025



Indigo + Inspire

Bodyweight Strength Class



Join us on Saturday, June 7thth at 10 am
for this ~35 minute beginner-level class!

ALL ARE WELCOME!

Located on the 3rd floor of
Indigo in Benton Park.
Bring your water bottle,
towel, yoga mat, and energy!

KAY DUNLAP, PT, DPT



CLASS INSTRUCTOR



\$ 10 /PERSON

Register Here

