



The Laredo Country Club **FITNESS CLASS** **SCHEDULE**

Tuesday

Yoga

6:00 P.M.-7:00 P.M.

Cardio/Core

7:00 P.M.-7:45 P.M.

Wednesday

Pilates

6:00 P.M.-7:00 P.M.

Thursday

Barre-Flow

6:00 P.M.-7:00 P.M.

Cardio/Core

7:00 P.M.-7:45 P.M.

**For more information call
Veronica M. Garza Casso at 956-285-5557.**



PRIVATE TRAINING AVAILABLE TO FIT **YOU** BEST!

- Improve your **Golf Game**
- Built Muscle & Strength
- Weight loss
- Flexibility
- Mobility
- Endurance

Veronica M. Garza Casso
CERTIFIED PERSONAL TRAINER

Call (956) 285-5557 to book today!



PRIVATE TRAINING AVAILABLE TO FIT **YOU** BEST!

- . Weight loss
- . Mobility
- . Flexibility
- . Endurance
- . Sculpt & Tone

Veronica M. Garza Casso
CERTIFIED PERSONAL TRAINER

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