



**SHINE LIFE ENERGY**  
FITNESS • YOGA • INSPIRATION

**CORE ATHLETIC**  
LIFE IS ATHLETIC... LIVE IT!

## **SHINE STUDIO @ CORE**

2275 Deming Way, Middleton, WI  
(Lower level, Park Bank / Aniu Building)  
608.831.CORE

Join us in celebrating our new classes starting November 9, 2009!

Classes include:

Energy Yoga, PiYo, Strength Fusion, TurboKick, Yoga Boot Camp, Zumba and more!

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Introductory SHINE STUDIO class-passes:  
(Effective 11/9/09 - 12/31/09)

10-Pass: \$80 (Expires in 90 days)

20-Pass: \$100 (Expires in 60 days)

Pre-Natal Yoga only:

10-Pass: \$125 (Expires in 90 days)

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Find the SHINE STUDIO schedule through these websites:

[www.coreathletic.com](http://www.coreathletic.com)

[www.shinelifeenergy.com](http://www.shinelifeenergy.com)

[www.alimcwilliams.com](http://www.alimcwilliams.com)

CORE Athletic is a Personal Training and Athletic Performance facility,  
offering one-on-one training and small group training.

Our affiliates within our space are:

It's Your Plate: Traci Hittman Nutrition

Integrated Physical Therapy: Dee Aussprung