

SEPT  
**12**



**INNER CORE FITNESS  
STARTS SEPTEMBER 12**

**EVIDENCE-BASED CORE REHAB PROGRAM**  
*No Pills, Pads, Surgery, Kegels or Crunches*

abs:fab Pilates and Core Fitness  
1820 S. Catalina. Redondo Beach, Ca Ste 108  
Monday's and Wednesday's 8:00am-9:00am

***Smaller Waist, Stronger Bladder, Less Back Pain..after 50!***

Developed by Dr. Theresa Nesbitt OBGYN/Geneticist  
Presented by Kathleen Pagnini, Core/Pelvic Floor Specialist

**\$25 PER CLASS OR \$135 A MONTH  
FIRST CLASS FREE**

To RSVP email Kathleen at [kpagnini@gmail.com](mailto:kpagnini@gmail.com)  
or call 310-303-2714, please bring a yoga mat.



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