

SoulCORE

A Movement to Nourish Body, Mind & Soul

SoulCore is now offered at St. Frances Cabrini in Allen Park. Spend an hour and nourish body, mind & soul with SoulCore - a prayer experience that combines the prayers of the rosary with core strengthening, stretching and functional movement. No fitness level or experience required. All are welcome!

Wednesday at 9:15 am - Gentle SoulCore

All exercises are done in a chair or standing behind a chair for support. Bring light hand weights if you own them.

Thursday at 9:15 am - Regular SoulCore

Bring light hand weights and an exercise mat or towel as we are on the floor for most of the class.

Saturday at 8:30 am - Regular SoulCore ***NO Saturday class November 16***

Bring light hand weights and an exercise mat or towel as we are on the floor for most of the class.

All classes are held in the Mother Cabrini Room, enter through the door on Wick Rd. Dress in comfortable clothing or sportswear. There is no cost but free will donations are accepted if you are able.

Call or text Nancy Trela at 313-575-2971 or visit www.soulcore.com for more information.

