



# CORE DE FORCE® LIVE!

## CONQUER FROM WITHIN

If you are looking for an EMPOWERING workout that gets results, this is it! Core De Force is a high-energy, non-contact MMA-inspired workout that combines boxing, kick-boxing, and muay-thai techniques as well as explosive power moves and interval training.



## FREE PREVIEW WORKSHOPS

**September 21st: 10am & 2pm**

Curious to try this out? Join us at the preview workshop! Offered at 2 different times so everyone has a chance to try! 30 Minutes long and free! No equipment needed, just bring water, a towel, tennis shoes, and be ready to sweat!

## INSTRUCTOR: Persephone

Persephone is a former national/international Tae Kwon Do champion, She earned her 2nd degree black belt and taught Tae Kwon Do for several years. She discovered Core de Force in December of 2017 & became a certified instructor in March of 2018. She is thrilled to be bringing this dynamic class to the Isis Studio!



Isis Studios & Academy of Performing Arts  
508 Harwood Road, Suite G  
Bedford, TX 76021  
817.498.7703  
[www.isisandthestardancers.com](http://www.isisandthestardancers.com)