

Total Body Sculpting



772.226.1780
1590 9th St. SW
Vero Beach, FL 32962

**Join Crystal Divers from
5:00 to 6:00 PM,
Tuesdays and Thursdays.**



Strength-training exercises, balance work, light cardio, and stretching to increase flexibility and tone muscles. Use light weights, small exercise balls, and loop bands to work through exercises that target the whole body.

Great for all fitness levels with fun music for just \$10.



**Crystal brings certifications
in AFAA Group Fitness,
SHiNE Dance, BarreAbove,
Jazzercise and just in case
its needed –
Adult CPR and AED Training.**