

**JOIN  
CORE DYNAMICS  
FOR THE**

**NOVEMBER  
13, 2010**

**12:00pm  
TO  
6:00pm**



**TO  
TO BENEFIT  
THE**

**ALL  
LEVELS  
WELCOME**

**\$10**



A DONATION OF \$10 FOR THE WOUNDED WARRIOR PROJECT WILL BE REQUIRED TO PARTICIPATE.  
SIGN UP BY FRIDAY NOVEMBER 12TH TO RESERVE A SPOT.



58 DEERFIELD ROAD  
WATER MILL, NY 11976  
631.726.6049  
[www.coredynamicsgym.com](http://www.coredynamicsgym.com)