



Come meet our phenomenal personal trainers, class instructors, and massage therapists!

Spa Gift packages will be given away!

We will also be debuting the new DVD workout series, **Kofi-to-the-Core!**

Food Provided by Chef Jack Riebel of Dakota Jazz Club

Koficore Studio
104 West Franklin Avenue, Suite 100
Minneapolis, MN 55404
Phone: 612.871.4831

*Extra parking located at the
Plymouth Congregational Church and across from
Park Nicollet Clinic.*

Don't miss out! Hope to see you there!