

# TUPACO

*Fall 2012, Move toward fitness*

Try it,  
you'll  
love it!

Class size is limited, so please sign up early. The session is 7 weeks. Advance registration is strongly suggested. A minimum of 7 people registered are required in order to run the class.

TUPACO integrates core work, Yoga, dance, movement fundamentals, breath techniques and meditation/visualization. It strengthens, relaxes and invigorates. The integration of several effective techniques in a streamlined package increases strength, cardio support, clarity of the mind, flexibility, focus, awareness and more. The philosophies behind TUPACO emphasize self-awareness and acceptance, valuing ones current self in order to progress and improve on every level.

Value, strengthen and improve your body, clarify your mind, balance, relax and invigorate your whole self. TUPACO is for every-body. You will feel better!

- **BALANCE**
- **AWARENESS**
- **STRENGTH**
- **FLEXABILITY**
- **CLARITY**
- **STRESS RELEASE**
- **PEACE**
- **RELIEF**

- **CORE WORK**
- **YOGA**
- **MOVEMENT FUNDAMENTALS**
- **STRETCHING**
- **DANCE**
- **BREATHING TECHNIQUES**
- **MEDITATION**

- **VISUALIZATION**
- **TUPACO is for every BODY- YOU WILL FEEL BETTER!**  
Try it for improved balance, strength, endurance and flexibility!
- **TUPACO facilitates wellness, sign up now.**

**What:** TUPACO ([www.tupaco.com](http://www.tupaco.com))

**When:** Wednesdays – 6:00 - 7:15pm

**Age:** 18 & over

**Dates:** Beginning October 5

*Want to try it before you register?*

*Come in & try it on the 21st and register after class!*

**Cost:** \$60 for HC, \$76 for general and \$100 for non-members.

**Drop-in per class is \$15.**

For more information, or if you have a question please contact Jessica Tupa ([jessica@tupaco.com](mailto:jessica@tupaco.com)) or Beth McCullough, JCC Fitness Program Director (559-6207 or [bmccullough@columbusjcc.org](mailto:bmccullough@columbusjcc.org)).

the  
Jewish  
Community  
of greater  
columbus Center