



CORE | Center of Reentry Excellence

# Mind Over Matter Workout Group



Starting March 9<sup>th</sup>  
9:00 AM Sharp



CORE  
100 Hegenberger Rd, Oakland, CA



Mind Over Matter is a 5-week wellness and calisthenics series focused on building strength, endurance, and mental resilience through bodyweight training and intentional breathwork. We meet Monday, Wednesday, and Friday, leaving at 9:00 a.m. sharp for park workouts across Alameda County—arrive early, ready to train and reset.

- ✓ Stress management
- ✓ Mental resilience
- ✓ Calisthenics
- ✓ Mindfulness and Mental Peace



<https://tinyurl.com/mind-over-wellness>

## REGISTRATION

Please register by scanning QR code or visiting:

This work is supported by the Alameda County Probation Department, AB 109  
Direct Services- Center of Reentry Excellence [Master Contract No. 902102]