

ESSENTRICS: AGING BACKWARDS



INFORMATION

Effective for flexibility, mobility and pain-relief as well as injury prevention and recovery. This class is slow paced and easy to follow. Music is used to enhance the stretching and strengthening of the body. A chair for support can be used for those concerned about balance. Similar to Stretch and Tone, but slower and only 30 minutes in length.

INSTRUCTOR

This class is taught by Lori Arnolds. Married to a Chiropractor and having been a Chiropractic Assistant and motivational health speaker for 30 plus years, Lori's pursuit of studying health and healing led her to the science of Fascia and Stretching

**REGISTRATION
REQUIRED**

**MEMBER
\$3.00**

**NON-
MEMBER
\$5.00**

Try the first
class for free

Wednesday
10:15-10:45am