

ESSENTRICS: STRETCH AND TONE



INFORMATION

A dynamic, full body workout that simultaneously combines stretching and strengthening while engaging all 650 muscles. Effective for flexibility, mobility and pain-relief as well as injury prevention and recovery. This lively class is medium 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.

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
11:15-12:15pm