



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SET GOALS TAKE ACTION!

## FEBRUARY SMALL GROUP TRAINING

With small group personal training, you will find support and accountability in working towards your goals. Working in small groups, limited to four people, you will receive a more individualized experience as well as make new friends! Check out our February small group offerings below!

### INTRO TO TRX

FEB 4 – FEB 25 (4 CLASSES) \$100

TUESDAYS 1:00PM-1:55PM



Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. This performance tool leverages gravity and the users bodyweight to perform exercises for a full body workout. All levels welcome. Instructed by **Alison**

### POSTURE AND MOBILITY

FEB 3 – FEB 24 (4 CLASSES) \$100

TIME: MON 1-1:55PM

Improve your posture, mobility, and flexibility by learning and exploring exercises that target core musculature. This small group will incorporate props such as the foam roller, mini-ball, weights, and gliders. Instructed by **Alison**.

### FASCIA RELEASE

FEB 5 – MARCH 4 (4 CLASSES; NO CLASS ON 2/19) \$100

TIME: WED 1-1:55 PM

Fascia release offers the same benefits of stretching—without the risks of overstretching and damaging the joints. Want to learn more? For the next 4 weeks, you'll learn how to use self-myofascial release techniques with foam rollers, balls, and DIY props to support your activities and movement, fix stiff spots, unwind adhesions or scar tissue, tune-up your nervous system, and so much more. Join me in my new fascia release small group. Instructed by **Starr**.