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FELIS FITNESS

stick & stone

SMALL GROUP TRAINING CLASS



Sometimes the most intensive, effective workouts can be achieved through the simplest means. Body bar and free weight; Stick and Stone. A free weight, when held like a medicine-ball, is a lump of pure resistance; anything you do with it is exercise. The body bar takes that concept and turns it into a core-building balancing-act. This class promises to combine both in creative ways that are both impactful and low-impact; ancient and brand new!

FREE DEMO DAYS: 10/10, 10/12

in the gymnasium

Class begins:

Tuesday 10/17 & Thursday 10/19 @ 9:30am

- 8 week small group training class
 - Each week is progressive
- Low impact, full body workout to improve your strength
 - Flexibility and balance
 - \$175 for the 8 week program

Please contact fitness reception for more information or to sign up by 10/15 deadline.



MetroWest