

Alignment & Movement Basics

DATE: Every Wednesday, Feb. 5 – Mar. 25

TIME: 1 - 2 pm

WHERE: Body Renewal & Rejuvenation
2130 Five Mile Line Road
Penfield, NY 14526

COST: \$110. \$100 if paid in full by 1/15/2020.

TO REGISTER: Call/Text (585) 315-1726
or
Email info@BodyRenewal-NY.com



These classes will help you move with greater ease and with less pain. In this 8-week class series meeting once per week, you will gain an understanding of proper lower & upper body alignment and how poor alignment may be contributing to pain that you may be experiencing in your body. You will learn how to begin correcting your alignment with basic stretches, strengthening exercises, and simple habit changes. If you haven't been moving much, this class series will help you start being more active by learning safe and effective principles to move by.

If you are cleared for exercise and want to move with greater ease, please join me **every Wednesday from February 5 – March 25, 1-2 pm!**

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