

FLEX-STRETCH

Find your new **superpower**.
Gently increase your flexibility at any age.

Perfect for
beginners, dancers &
athletes of all kinds

Flex-Stretch promotes:

- greater range of motion
- improved posture
- muscle restoration



7-Week Workshop
May 12 - June 23

Saturdays
8:15am - 9:30am
Enroll for \$110

**Class Cards &
Drop-Ins welcome.**

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