

Free Fascial Stretch Demonstrations

When:

Sunday, January 8 from 8:00-10:00 AM

Tuesday, January 10 from 11:00 AM-1:00 PM

Wednesday, January 11 from 10:30 AM-12:30 PM

Saturday, January 14 from 10:30 AM-12:30 PM

Where:

Health and Fitness Center

Questions?

Contact Darlene at Darlenek@lhymca.com

Beyond simply loosening up the muscles, Fascial Stretch Therapy offers benefits like quicker recovery time between training, enhanced range of motion, and chronic pain relief - among many more.