



STRETCH & MOBILITY WORKSHOP

Move Better. Recover Faster. Feel Renewed.

Experience the benefits of improved posture, reduced pain, and greater ease in everyday movement as you embark on a journey toward greater freedom of movement. Whether you're looking to increase mobility, prevent injury, or simply feel more open and energized, this workshop will help you move with greater freedom and step into a healthier, more vibrant life. Built for all levels - from beginners to seasoned movers. Props used: foam roller and yoga straps.



Friday, April 10th, 9:45 – 10:40 a.m.

Instructor: Meredith

Location: Jade Room

Cost: \$20/session

Registration limited to 15 people via Mindbody

Please register through MindBody to secure your spot.



Visit beachcitiesgym.com for more information.