Thursday, September 24th
2:00p.m.-3:00p.m.
(Meet in aerobics room 1)

Presented by:
Zena Kiyota

This workshop is designed to teach you long "active" recovery stretches that you can do while you are at home or at the gym. You will learn deep stretching and myofascial release techniques that will help to increase your flexibility and help decrease your chances of injuries.