

MOTIV8ED FITNESS

STEPHEN WALKER

Instructor

At
BROCKMAN
COMMUNITY
HOUSE

27 Hull Way Beechboro 6063



Stretch and Flex Classes

Cost: \$10 Session/\$80 Term

This class allows a balanced combination of Pilates flow and strengthening movements with the meditative stretch elements of Hatha and Ashtanga Yoga.

Ideal for rehab, correcting posture, and overall body strengthening, toning and tension release.

Mondays & Thursdays 6-7pm