

SUPER STRETCH

Regular, consistent stretching increases muscle flexibility, enhances joint range of motion, and improves overall functional and athletic performance. It boosts circulation, aids in injury prevention and recovery, reduces muscle soreness and tension, improves posture, alleviates back pain, and promotes mental relaxation.

ARNOLD SCHWARZENEGGER SAYS

- Flexibility is as important as the pump."

"Daily stretching should be a mandatory part of your routine."

"If you're not focusing on mobility, your body will pay the price for it in the long run."

"Stretching keeps you young."

FRANK ZANE, considered one of the greatest in the history of bodybuilding, says "The key to maximizing your time in the gym is stretching, not only before and after your workout but during it. This basic activity – which people have been doing instinctively since time immemorial – offers a remarkable array of benefits. It helps maintain your mind-muscle connection between sets, and keeps the working muscles flushed with blood, so that you don't lose your pump."

CLASSES BEGIN THE FIRST WEEK OF FEBRUARY

MONDAYS 5:15 - 5:45 PM

THURSDAYS 10:00 - 10:30 AM