

## All Ability Wellness Physical Fitness Classes

Join our Physical Fitness Class and learn a range of essential fitness skills! In this class, students will learn how to perform cardiovascular exercises to boost heart health and endurance, perform strength training techniques to build and tone muscles, and practice flexibility routines to enhance mobility and prevent injuries. Our Health Education instructors will teach proper form and technique for a variety of exercises, ensuring you gain the knowledge to work out safely and effectively. Additionally, you'll develop skills in setting and achieving personal fitness goals, understanding body mechanics, and maintaining a balanced and healthy lifestyle. Elevate your fitness journey and empower yourself with the skills to stay active and healthy!



### Rates

50-minute 1:1 class in office - \$100

50-minute 1:1 virtual class - \$100

50-minute 1:1 class in home - \$150-\$175

90-minute small group class - \$100

Virtual classes offered on ZOOM or FaceTime

Session length and frequency are determined based on individual client's needs.

Laura Holland, M.S., LMT is a Health Educator, Wellness Specialist, and Licensed Massage Therapist who has worked in the wellness field for over 25 years. Laura is the owner of All Ability Wellness in Stony Brook, NY where she provides individual and small-group health education classes utilizing a variety of modalities and techniques including mind-body awareness, mindfulness training, Rhythmic Movement Training™, and Brain Gym™ Activities.

**For additional information and to register for classes please contact us**

**[www.allabilitywellness.com](http://www.allabilitywellness.com)**

**631-708-7770**

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