

WANT TO INCREASE FLEXIBILITY? DECREASE CHANCE OF INJURY? HAVE A HARD TIME GETTING ON THE FLOOR TO STRETCH?

LEARN TO USE THE NEW TRUE STRETCH® IN THE LOFT!



Let us show you how to use the new True Stretch®, an innovative tool that can be used by everyone to increase flexibility.

No sign up needed, come to the loft

FIRST THURSDAY OF THE MONTH

10:00am–11:00am for a demonstration.