

STONE THE SHOULDER USING ANCIENT CIRCULAR TRAINING METHOD

STONE THE SHOULDERS, ARMS AND UPPER BODY
INCREASE STRENGTH, FLEXIBILITY , AND COORDINATION
ENHANCE ATHLETIC PERFORMANCE

(8) 30-MINUTE CLASSES
MONDAYS & WEDNESDAYS
JANUARY 9 - FEBRUARY 6
6:30 P.M. - 7:00 P.M.
YORK RECREATION CENTER
\$50 INCLUDES EQUIPMENT

FREE DEMONSTRATION
WEDNESDAY, JANUARY 4
6:30 P.M. - 7:00 P.M.
YORK RECREATION CENTER

CLASSES TAUGHT BY STUART PHILLIPS
PERSONAL TRAINER, CERTIFIED STRENGTH & CONDITIONING
SPECIALIST, CERTIFIED IN FUNCTIONAL MOVEMENT SYSTEMS
AND NATIONAL ARTHRITIS FOUNDATION IN TAI CHI AND WATER
AEROBICS

FOR MORE INFORMATION, PLEASE CALL 684-3742

