

Evening Stretch

This class features progressive series of exercises that accommodate all fitness levels. Stretches and exercises from yoga & pilates are used in this class to increase strength, flexibility, and balance of the entire body. Foam rollers are also used in this class as a form of “self massage” to loosen up tight muscles. Focus of the class is on mindful movement, core stabilization, flexibility, & relaxation. All equipment is provided, however if you have your own yoga mat or foam roller, feel free to bring them. Wear comfortable clothing and be prepared to set your piggies free as bare feet are encouraged for this class!

THURSDAYS
6:30-7:30 PM

Instructor:
Melissa DiDomenico
ACE Certified Personal Trainer

Class size is limited – please pre-register by calling:
Studio Fit: (916) 686-1477
or
Melissa: (916) 202-3255

STUDIO FIT
personal training and massage
coaching body and mind

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