

Fitness Arts

BODY ROLLING CLASS

Saturday August 21st, 2010

11:00am-1:30pm



***The ball applies traction
that frees connective tissue,
re-educates muscles to fully release
and de-code negative holding patterns.***

- **Learn proficiency in correcting chronic foot pain issues.**
- **Attain/maintain a flat belly and develop core strength.**
- **Create structural alignment & restore flexibility.**
- **Offset the stress of vigorous exercise.**
- **Direct stimulation of bone, improving bone density.**
- **Tone and elongate muscles.**

Workshop*: \$89.00

***if you already have the set of body balls**

Workshop Package: \$159.00

(Includes body ball, calf balls, face balls and foot savers)

Sign Up Now! Call 847-397-2787