



Want to get More Flexible?
Sign up for flexibility
classes

1x/week - \$55 per term
or unlimited classes for \$80 per term

Ask the front desk for more details!

30 min. flexibility classes taught by
Tehani Douglas

Classes are offered

Tuesdays 7:00 and 7:30pm

Wednesdays 7:00 and 7:30pm

Thursdays 6:00 and 6:30pm

A great class to improve flexibility
A wonderful compliment to your edge strength class