

COLLIER TOWNSHIP PARKS & RECREATION

# ***FITNESS WITH ERIKA***



## **SPORTS STRETCH CLASS**



**Wednesdays**

**May 1st - 29th | 9:30 AM - 10:30 AM**

**Members: \$55 Full Session | \$12 per class drop-in**

**Non-Members: \$70 Full Session | \$15 per class drop-in**

**To Register:**

**Scan QR Code**

**or call**

**724.693.0780**



**This class will focus on a series of Yoga poses, sports related stretches and gentle floor stretches utilizing the resistance band. Work on alignment, muscle recovery, overall flexibility and mobility. This class is for all levels and perfect for the golfer, pickle ball player, fitness enthusiast or couch potato. Prepare to help heal the effects of chronic stress on our bodies due to fast pace and busy active lives. **Yoga mat needed.****