

FITNESS WITH **ERIKA**



SPORTS STRETCH WITH FOAM ROLLER CLASS (5-WEEK SESSION)

This class will utilize a series of Yoga poses, sports related stretches and gentle floor stretches while focusing on alignment, muscle recovery, overall flexibility and mobility. A portion of the class will also be dedicated to utilizing a foam roller for releasing muscle tension. Open to all levels and perfect for the golfer, pickle ball player, fitness enthusiast or couch potato.

Yoga mat AND foam roller needed. 18 inch foam roller recommended.

THURSDAYS

SEPTEMBER 19TH - OCTOBER 17TH

9:30 AM - 10:30 AM

\$55 MEMBERS (\$12 per class drop-in)

\$70 NON-MEMBERS (\$15 per class drop-in)



Scan QR Code
to Register



CONTACT US

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