

Keep Calm & Stretch

LENGTHEN



PASSIVE-
ASSISTED



FLEXIBILITY



INHIBITION



BREATH & MEDITATION

Stretching is the most overlooked modality of exercise yet is as equally important as strength training. Stretching increases range of motion, flexibility, blood and nutrient flow, decreases muscle soreness, corrects posture, reduces stress, and so much more! Renew your body Sunday mornings with Kaneicia Brown, a Corrective Exercise Specialist and Personal Trainer certified by the *National Academy of Sports Medicine*.

SU* 10/25-12/27 8:15-9:15a #8219

Resident \$90

Non-Resident \$100

**10-week class held at the Field House Sports and Fitness Center*



Kaneicia Brown,
NASM CPT, CES,
Yogi and Nutrition
Enthusiast

Questions? Contact Sam Stevens at 847.782.3621 or
sstevens@waukeganparks.org