

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*.

#40203310

SU* 10/9-11/20 7:15-8:15a -1A

Resident \$70



Non-Resident \$80

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

Questions? Contact Sam Stevens at 847.782.3621 or
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