

STATIC STRETCH

AGES 18+

INSTRUCTOR:
Philip TEMIDARA

WEDNESDAYS
7-8 p.m.

SEP 18-OCT 23
NOV 6-DEC 11
\$35/5 WEEKS

This stretching and flexibility class will combine elements of static stretches to promote injury prevention, improve physical performance, and relax muscles.

**Location: Norwalk Arts & Sports Complex,
13000 Clarkdale Ave.**

**Register now at the NASC, or online at norwalk.org
For more information, please call (562) 929-5566.**

