

MOBILITY WORKSHOP

Rehabilitate Injuries • Increase Flexibility • Improve Athletic Performance

In this workshop series, instructor Katie Walker focuses on mobility, body maintenance, and physical well-being with the goal of increasing flexibility, rehabilitating injuries, and improving quality of life.

The May workshop will provide a unique perspective on stretching and will utilize a variety of apparatuses and poses to maximize flexibility.

SUNDAY, MAY 31, 10:00AM

Cost: \$40 per workshop; or \$35 each when you purchase a bundle of all 2015 workshops (see dates below).

**Space is limited. Call (916) 258-5425 now to reserve your spot.
Open to the public. No membership necessary!**

"I was in a car accident in 1968 that messed up my left knee. Sometimes the pain is unbearable and I would do just about anything to relieve it. I can't say enough about what Katie has done for me. After my first mobility session I had no pain at all. My hips felt brand new and my legs did also!" – *Chris S.*

Be sure to save the date for these future workshops!

- *August 2:* Therapeutic Use of Exercise Balls
- *Sept. 27:* Therapeutic Use of Foam Rollers
- *Nov. 29:* Full-Body Mobility Overview

Workshop sponsored by:



 **TRISIS REAL ESTATE**



(916) 258-KICK (5425)

www.TrainAtTheStudio.com

info@trainatthestudio.com



THE STUDIO Martial Arts & Fitness

8200 Sierra College Blvd., Suite D

Roseville, CA 95661