



KIN  STRETCH
WITH KIM

GROUP MOBILITY CLASS

Learn about Improving joint health and function, while training for better movement performance.

For all fitness levels and goals!

SATURDAY DECEMBER 11, 2021

11:30 AM - 12:45PM

GRASS ROOTS PILATES

1509 CHAPALA ST. SUITE B SANTA BARBARA, CA

LIMITED SPACE! RESERVE YOURS!

EMAIL OR CALL PH: 805-324-4796

Kinstretch® is a body control enhancement system that maximizes joint control, mobility and body awareness. This isn't just a stretch class. Get ready to learn ways to prepare and assess the body daily, safely obtain new ranges of motion, and strength train these ranges for the control, power and stability needed for all your movement goals and daily activities. Start making movement gains with the system professional athletes use to stay healthy at peak performance.

For more info email Nicole:
info@grassrootspilatesb.com
grassrootspilatesb.com