

Let's Stretch!

Prevent Injuries

Decrease back and joint pain

Reduce muscle tension



Mondays @ 10:00am

Only \$10

Abs/Core

Strengthen



abdominals, back, and glutes

Increase balance and improve posture

Tighten and define abdominals

Mondays @ 9:30am

Only \$10

CHECK OUT www.westhillhurst.com for all programs available at WHCA

Upper Studio located upstairs near the gymnasium and playschool

Contact Tanza Voith with **Flex Appeal**

(403)837-3693

trainertanza@hotmail.com