



take
home
handouts



STRETCH for FITNESS WORKSHOPS

with Minna Miller

A COMMUNITY WORKSHOP FOR CYCLISTS, RUNNERS, AND THE FLEXIBILITY CHALLENGED



just
\$25

Wednesday, April 27th

6:30-8pm in the Martial Arts Rm

Saturday, May 14th

3-4:30pm in the Martial Arts Rm



Increase your active range of motion, improve recovery and reduce muscle tightness in this stretching workshop.

Minna will lead you through joint mobility exercises, active, dynamic, passive and PNF stretching. You will learn the correct, effective and safe stretching techniques to get results, and learn modifications you may need to do for improved results.

Besides increased flexibility, stretching can enhance your physical fitness, increase relaxation, improve kinesthetic awareness, reduce soreness, and reduce risk of injury to tendons and joints.



meet Minna

Certified personal trainer Minna Miller is no stranger to tight hamstrings. As an avid cyclist, rock climber, and aerial silk acrobat she works her muscles into knots quicker than one of those professional grade pretzel makers.

Her stretch workshop will loosen your limbs so that you too can work them back into knots over and over again. It's like making your pretzels and getting to eat them too.