

STRENGTHEN +

FlexWORKSHOPS



STRETCH

FOAM ROLLER DIY

BY HEATHER THOMAS SHALABI

Everyone loves the foam roller! This simple, yet effective prop works wonders on stiff muscles and tight joints, and also acts as a conditioning tool. Now you have one at home, and can't remember all the great moves you did in class! This workshop is broken into two parts: the first half focuses on various strengthening exercises particularly effective for the abdominals, gluteals and hamstrings. The second half concentrates on spinal mobility, and fascial release techniques (shoulders, quads, hip flexors and IT band) for improved flexibility and pain-free joints.

Handouts will be provided.

Suitable for everyone, no experience needed.

Book now at info@flexhk.com

ISLAND SOUTH SAT 8 OCT 1.30 - 3PM

BOOK ANY 2
WORKSHOPS FOR
10% DISCOUNT