

+ STRENGTHENING STRETCHING

FOR THE LOWER BACK

There are many possible causes for low back pain, the most common being weakness of the “core”, tight back, buttock and leg muscles, and poor posture. Alleviate the stress on your back by learning how to stand better, strengthen your deep stabilizers, and stretch the back and surrounding muscles.

Led by our in-house physical therapist Donna Gee, this workshop is suitable for all levels. Book now at info@flexhk.com

BOOK ANY 2
WORKSHOPS FOR
10% DISCOUNT

BY DONNA GEE

CENTRAL SAT NOV 5 2.30 - 4 PM