

**New Class starts March 8th-Wednesday 1-2 pm and Saturdays
10:30-11:30 am**

'Beginning Exercise Movement and Training' with Josh Keller

This class is designed along NASM (National Academy of Sports Medicine) progressive movement guidelines. Learn the basics of movement with NASM theory using safe progressions from stability –core and balance to the basics of resistance training.

Wednesday is designed to demonstrate form and concepts (bring notebook) -Saturdays class is designed as more 'workout' based class.

**Class size is limited –please sign up no later than Saturday,
March 4th to reserve your spot.**