

Healthy Back

w/ Josh

Thurs 6:00-7:00pm

Caring

Compassionate

Knowledgeable



This class focuses on self-care for the back utilizing stretches, strength training, and body weight.

The course is designed to increase the awareness of how to stabilize and increase the strength in your back: this is not a replacement for medical advice (those with chronic back issues are advised to seek medical attention).

It is a progressive class taught once a week on Thursdays from 6-7pm and will conclude in December.



2395 Kachemak Dr, Homer, AK 99603

Attendees are encouraged to bring a notebook and pen to take notes.