

YOU ASKED. WE LISTENED!



CHECK OUT OUR **NEW** CLASSES:

Power Yoga

Friday:
8:15-9:00am

Dynamic, powerful, and fluid movements utilizing some yoga and a variety of other mobility and stability corrective exercises.

This class is designed to build mobility and stability.

> *This class will allow for modifications of all abilities and fitness levels.*

Cycle

Wednesday: 8:30-9:15am

Core + Mobility

Wednesday: 9:15-9:45am

Cycle will last approximately 45 minutes. Immediately following, will be **Core + Mobility work**.

Members can choose to participate in both the cycle and the Core + Mobility class or only the cycle or only the Core + Mobility.

Core + Mobility will incorporate Yoga, Pilates and other corrective movements to develop core strength and increase functional mobility.

> *Suitable for all experience and fitness levels.*

Recess

Wednesday: 6:45-7:15pm

Core + Mobility

6:45-7:15pm

Recess will last approximately 45 minutes. Immediately following, will be **core + mobility work**.

Members can choose to participate in both the Recess and the Core + Mobility class or only the cycle or only the Core + Mobility.

Core + Mobility will incorporate Yoga, Pilates and other corrective movements to develop core strength and increase functional mobility.

> *Suitable for all experience and fitness levels.*

Power Recess

Thursday:
6:00-7:00pm

Our very popular circuit based recess class. This class emphasizes more strength based movements and fewer cardio segments.

> *This class will allow for modifications of all abilities and fitness levels.*

View our full class schedule at the front desk or on our website:

activeedgewellness.com/news-activities/classes/

ActiveEDGE
PHYSICAL THERAPY

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