



FITNESSU ACTIVE ISOLATED STRETCHING

The Active Isolated Stretching (AIS) method of muscle lengthening and fascial release is a type of Stretching Technique that provides effective, dynamic, facilitated stretching of major muscle groups which restores strength, flexibility and function. This Fitness U requires active participation.

Instructed by Natalie Monti

Monday, May 8	12p - 12:45p	Admin Building, 4th Floor Manatee Room 1112 Manatee Ave W, Bradenton
Tuesday, July 11	6p - 6:45p	Palmetto Library 923 6th St W, Palmetto
Thursday, August 17	12p - 12:45p	Public Works, Fleet Conference Room 1100 26th Ave W, Bradenton

Earn 2 Fit Nut Points!

Register at www.manateeyourchoice.com
> Program Registration tab



For More Information Contact: YourChoice Fitness Center
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