

Massage comes to Fitness Stylz!

(LIVERMORE FALLS) - Fitness Stylz is proud to introduce Advanced Massage Therapist Heather Denton, who is now offering chair massage right here at the fitness center.

While it goes without saying that massage feels heavenly, especially after a good workout, you might not be aware that massage can actually help you reach your fitness goals! It improves your circulation and helps your body process lactic acid and other metabolic wastes that build up during your favorite classes and activities. It reduces muscle soreness, which means you'll be ready to hit peak performance during your next workout.

Best of all, massage can improve your sense of well-being and just plain feels great! At \$1 per minute, cost is minimal, especially since you get to decide the length of your massage. (Massages normally are given in 30 or 60 minute sessions starting at around \$40, but with Heather, you can get a relaxing massage that conveniently fits your schedule...and get it right before or after your workout, when it will do you the most good.) Gift certificates are available, and are the perfect way to treat your friends and loved ones to a blissfully relaxing experience!



SilverSneakers® YogaStretch



YogaStretch is designed to physically and mentally engage our members with a variety of safe and fun yoga postures and breathing exercises. Using the chair for support, participants work at their own pace to build flexibility and endurance while learning to relax and think more clearly.

*Starts Friday June 15 at 10 a.m.
Join in Fitness, Fun & Friends!*



YogaStretch Team — (L-R) Leslie Bull, Chris Guild, Deborah Redding (Instructor Trainer), Tom Roy, Jasmine Castonguay, Andrea Richards.



Chiropractic can improve your overall well-being and performance.

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