



Free class
for Y members

GUIDED DEEP TISSUE RELEASE

Release stuck,
tight muscles
for better movement
and less pain.

**Tuesdays
6-7 p.m.**

**Wednesdays
10:30-11:30 a.m.**

JOIN
Certified Athletic Trainer
Dr. Zach Sweatman
for a proven
mind/body
experience with longer
lasting benefits
than a deep tissue massage.
