



Presents

Dynamic Power Training™

“Flexibility through Strength, Strength through Flexibility”

“The best way to prevent injuries, and to heal injuries, is to heat your body up from the inside out, building up a profuse sweat, while moving your joints through a full range of motion in every possible direction. Follow that with a great massage and you have the ultimate training session” -- Jeff Wooten

The Ultimate Fitness Class is Here!!

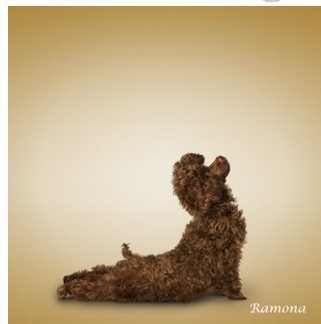
Fusing...

Kung Fu



+

Power Yoga



+

**Calisthenic
Drills**



If you have tight, achy muscles and joints from sitting all day, or old injuries that keep you stiff and in pain, then...

This class is for you!

Our class is designed to simultaneously develop Strength, Stamina, Flexibility, and Agility! We include deep breathing exercises to increase the heat and the sweat, and finish with a variety of stretches designed to increase joint range of motion, de-stress the mind, and detoxify the body systems! This class is suitable for the novice and advanced, as all moves can be modified. For more info, and to see an up to date schedule, please visit www.yourbodymechanic.com/Community.