



Stretching and Mobility Class Every Wednesday Night starting at 6:15

Increase joint mobility, improve cardiovascular health, and increase flexibility.

- 1] Class begins with a complete warm-up of the muscles and joints.
- 2] Joint mobility exercise, along with light plyometric movements to improve joint mobility, decreases stiffness, and improves muscle flexibility.
- 3] The class then moves on to cardiovascular exercise. As a group, the class walks on a designed route. This gets the heart rate up, which builds cardiovascular health, improves muscle function, helps to burn fat, and lowers blood pressure.
- 4] Dr. Casci then leads the class in a complete body stretch. This is very beneficial because, this decreases muscle imbalances, increase flexibility, and helps to improve total body range of motion.

Not only is the stretching and mobility class very beneficial to health, but it also increases energy, and is a lot of fun. Every week the class is filled with a lot of laughter.

There are different exercises, movements, and stretches introduced each week. This keeps the body guessing, and helps to improve overall health.

The class is open to anyone that wants to come [not necessary to be a patient to attend] and designed for all fitness levels.