



# Theraband Strength Class

Join Lindsay Perez, co-owner of Wellness 360 Physical Therapy and Massage, as she strengthens your whole body with the use of resistance bands. Resistance band workouts are a great way to strengthen your muscles, from the small stabilizer muscles to the bigger postural muscles. It is also a great way to gain strength while protecting your joints.

## Why resistance bands?

- Less force on your joints
- Full-range resistance training
- More effective strengthening exercise
- Improves joint stabilizing muscles
- Improves core activation
- And it's FUN!

## 6-Week Program

Brighton Community Center

Thursdays at 11:15 am

Who: All ages

To Register, call:

**(585) 784-5260**

For program questions, call W360 (585) 259-0782  
or email us at [info@wellness360fitness.com](mailto:info@wellness360fitness.com)



[www.wellness360fitness.com](http://www.wellness360fitness.com)

