

STUDIOMIX



SPECIAL CLASS + WORKSHOP



SATURDAY
October 24th
Core Studio

Special Class
10:30-11:30am

Workshop
2-6pm

The most overlooked component of injury prevention and continual progress is soft-tissue quality. Roll out your muscles, treat day-to-day stiffness, recover, and loosen things up in this 60 minute special class presented by TriggerPoint. Want to learn more? Invest in the 4 hour workshop designed for anyone looking to gain hands-on experience and practical knowledge of self myofascial release.

\$20 CLASS | FREE FOR MEMBERS

RSVP at Studiomix.com under "Find a Class"

\$150 WORKSHOP | APPROVED CECS

Register at www.regonline.com/FRSanFrancisco



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