

**JOIN
NOW**

START TRAINING TODAY



Rock Abs & Foam Roller Class

WEDNESDAY JUNE 8

AT 12PM & 4:30PM

A strong abdominal core can aide in strengthening your lower back muscles, which will improve your posture and possibly diminish injuries.

Use of a foam may assist in reduced muscle tension and inflammation as well as increasing joint range of movement, making the roller effective as a pre-workout warm-up or post-exercise active recovery.

Come to the PFC Roberto E. Clemente Walker Annex Bldg.170 and take part in an innovative class that will incorporate abdominal exercises and foam roller movements your body will surely appreciate!



JUMP INTO Summer Body-Weight Workout Class

WEDNESDAY JULY 13TH

AT 12PM & 4:30PM

Summer is in! If you are looking to improve your heart condition, mental state and physical fitness condition, the “Jump into Summer” Body weight Class is for you!

The class consist of a variety of body weight, high-low intensity cardio movements, performed within a 30-minute timeframe that will help you burn calories and leave you feeling energized!

PLEASE SIGN UP BY CALLING THE SPORTS & FITNESS CENTER (787)707-3767/3281

SEE YOU THERE!