

FITNESS WORKSHOPS



1070 Lincoln Avenue, San Jose, CA 95125

408.294.9656

WORKSHOP Series with Elizabeth Cassidy

All workshops are Saturdays, 10:30am -11:30am

- October 6:** **Foam Roller—Strengthen, Lengthen, and Roll!**
Come see why the Roller is so popular and why people are addicted to it!
- October 13:** **Plumb Lines and Posture 101 -**
What is Posture? What are Plumb lines? How to identify weak and strong muscles in different postures and how to apply exercises for change.
- October 27:** **Complete Abs -**
If you want to feel your Core (Abs) you won't want to miss this workout/training.
- November 3:** **Fuel, Nutrition, and Raw Food**
Nutrition is such a mystery, demystify yourself and learn to help yourself!
- November 10:** **STRETCH O U T...**
Active Isolated, partner, foam roller, and "on the road" stretching.
- November 17:** **Off Balance to Balance**
Balance Exercises that enhance you, your brain and your body.
- December 1:** **Fix Your Body – Do It Yourself Back, Knees, Butt and Shoulders**
If you have an issue here is your opportunity to do something for yourself!
- December 8:** **Reduce Your Anxiety and Stress with Meditation:**
Come FEEL what alpha or theta brain wave relaxation is all about, a great Blessing.
- December 15:** **Fit Granny!**
Anyone who desires assistance in their fitness in a relaxed open space.

At Tru-Balance we enjoy getting you and your whole being back into a "Feeling good" balanced state. Come out and take a workshop and see for yourself!

For registration and more information:

www.tru-balance.com or 408.294.9656 or ecassidy27@yahoo.com

**All Workshops are \$60.00, call or email for more information~