

YLD MIDDAY BREAK STRETCH SESSION

Attendees will receive a
FREE MONTH
SweatNET Membership & be
eligible to win raffle prizes!

WHEN:

Thursday March 11th from 12:00-12:30

WHERE:

Wherever you might find yourself at the time.

A ZOOM link will be provided to all registered attendees the day of the event. Register [HERE](#).

Calling all-level athletes! If you are experiencing sore muscles, tight muscles, or dealing with slight discomfort in your hips, low back, and neck, join local instructor Kimberly (@littlefitninja), for a 30-minute recovery class. She will teach you how to alleviate tension, soreness, and stress in the body using targeted stretching techniques you can do right at your desk. So you can participate whether you are working from home in your gym clothes or are at the office in your suit. You don't want to miss this one!

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