

5 Stones Fight Club and Gym

Annville, PA (next to Subway)

on

Saturday, November 20th at 11am



5 STONES

FIGHT CLUB

Mobility and Recovery Workshop

Cost: \$10

Expect to learn:

- How to properly warm-up for a workout**
- How to monitor and assess physical recovery**
- The difference between flexibility and mobility**

...AND MORE!

Presented by: Dan Braun