

Aston® Kinetics Fitness for Living

Taught by Shirley Lynch, OT, CLMT*

It's not *what* you do but *how* you do it.

- Learn a simple and effective fitness routine to bring grace and ease to daily living.
- Improve your posture by changing the way you move.
- Recognize tension patterns in your body that may be preventing you from moving in ways that you want to.
- Discover a new way of sitting, standing, and moving that bring the benefits of your workout into your daily activities.

Classes are open to all fitness levels.

Learn gentle exercises that release held tension, increase flexibility, and create balanced muscle strength.

Practice movements designed to use gravity to work with you to reduce effort, increase healthy tone, and reclaim your natural postural alignment.

Develop ease of movement, decrease your risk of injury, and improve your fitness as you move through your day.

**NEW CLASS
STARTING
January 15, 2020**

Beede Center Swim and Fitness
498 Walden Street, Concord MA

>FREE INTRO CLASS
January 8 at 9:15 am

Wednesdays 9:15 - 10:15 am
Jan 15 - Mar 4

ACTIVITY # 472203-31
Series of 8 classes
\$104 for Beede Members
\$120 for Non-members

TO REGISTER:
Go to concordrec.com

*Shirley Lynch, MS, OT, CLMT, Certified Aston® Kinetics practitioner maintains a private practice in movement education and bodywork in West Concord, and Cambridge MA. For information: shirleylynch44@gmail.com