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| **FOAM ROLL****WORKSHOP** |
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| JAnuary 27, February 3-----10AM**Deconstructing Pain**This 90 min. Workshop will change your Life !Foam rolling is one of the best advancements in exercise and rehab. Learn how to restore your body to maintain a flexible, active and pain-free lifestyle. Muscles sore after your workout? Tight & tender spots that just won’t go away? Reduced range of motion post- injury or surgery? Out of Alignment due to years of compensation patterns? This is how pain is built…it accumulates into painful, body alignment patterns over time. This workshop will teach you how to safely and effectively target all the major muscle/fascia groups in the body from head to toe and DECONSTRUCT your Pain.  |
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| **Foam rolling techniques are performed on the floor using the arms to support part of the body’s weight. Participants must be comfortable getting up and down from the floor and bearing some weight in the arms**.**Water, Towel, Mat recommended; not required.****foam rolls provided; available for purchase-credit cards accepted.****please Register Online at:** **BerkshireCountyFitness.com**Shop PageLocation: Dalton Cra Bowling alley**cost: $35** online PRE-REGISTRATION required. Limit 15questions Contact: |
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| Christine Kielpinski,Fitness ProfessionalSTRONG Avenue Pittsfield, MA(413) 281-7616bfit@BerkshireCountyFitness.com |

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