



FREE Trainer Workshop with Megan Kanavas

Hip Mobility

**Monday, February 4th at 12:00pm OR
Friday, February 8th at 12:00pm
1st Floor Conference room**

Join Personal Trainer Megan Kanavas to learn why having strong and flexible hips lead to stronger knees, back, and ankles. She will demonstrate proper hip stretches and what exercises and machines to use to strengthen the hips. Megan will further discuss how to progress to further strengthen the lower body through reps, sets, frequency, and weight increment.

Register: Please call the Fitness Desk at (262) 513 - 7214 or email Anne.Barber@phci.org