



FREE Trainer Workshop with Shelly Jens

Stretch, Strength and A Healthier You

Posture, Balance and Core Strength

May 20th at 12:15 p.m.

May 28th at 6:30 p.m.

1st Floor Conference room

Personal Trainer Shelly Jens will go over the benefits of yoga, Pilates and flexibility. Shelly will educate and demonstrate exercises anyone can incorporate into their daily fitness routine to improve posture, balance, abdominal and low back strength. Please come dressed for exercise.

Shelly is a certified Personal Trainer and Mat Pilates Instructor. She is also a Yoga Instructor with over 200 hours of course work.

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