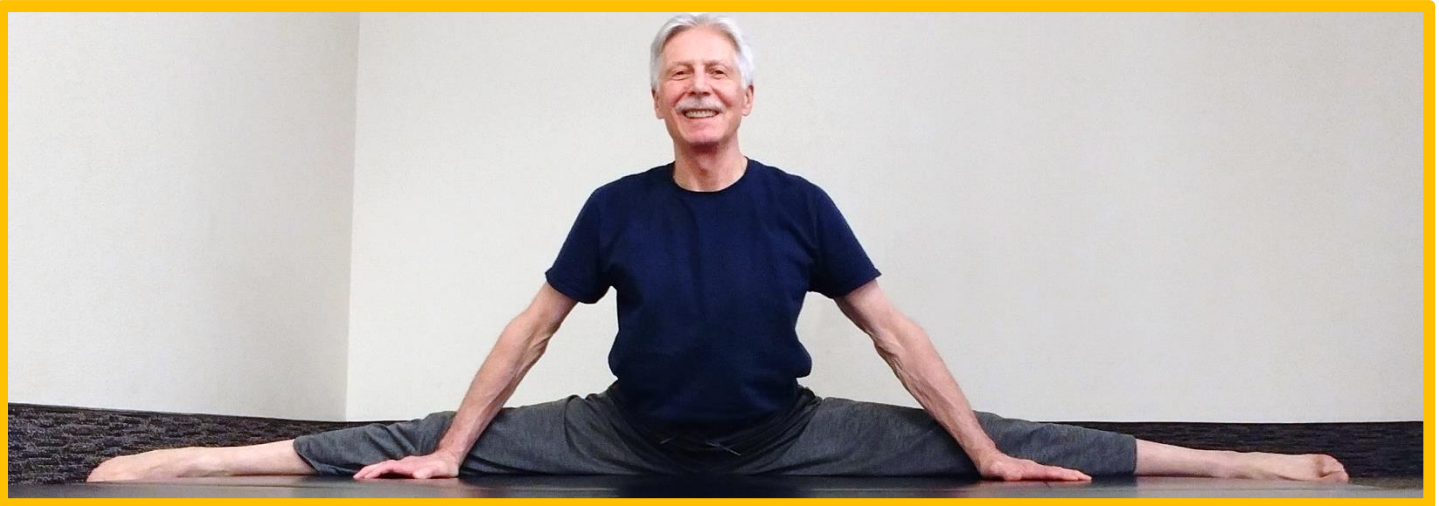


Painless Flexibility™ Program

6-week program with Laszlo Nemeth

Increase your flexibility, free yourself from stiffness, aches, and pains with the Painless Flexibility™ system!



Level 1: Tuesdays at 11:15am beginning January 22nd
Or Fridays at 7:00pm beginning January 25th

Level 3: Wednesdays at 7:15pm beginning January 23th

Members: \$60+ tax | Non-Members: \$80+ tax

Call us at 203-239-5665 or register at the front desk

It is carefully structured to take you, step by step, from having no flexibility to the splits - if you want to go that far. And it's easier than Yoga. We start with the Basic Set of exercises designed to restore the natural range of motion that our sedentary life-style destroys, particularly around the lower back. All the movements and positions are completely painless and anyone who is able to exercise can do these.

To learn more, please go to www.painlessflexibility.com

Type in the password: for young and old (use lower case letters, and space between the words), then press submit.