

Basic /Therapeutic **FREE!** STRETCHING CLASS



Help Keep Your Back Healthier
This Year With Our
Community Outreach Program

- Neck & Upper Back Routine
- Low Back Stretching Routine
- Core Strengthening Exercises
- Cardiovascular Fitness Tips



- No Equipment Necessary
- No Reservations
- **No Fee**
- Just another great thing brought to you by:

Richardson & Taylor
Chiropractic Centers

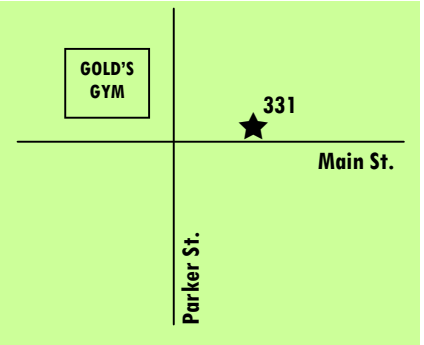
507 Merchant Street, Vacaville CA 95688

(707)449-9217

When: The 1st & 3rd Wednesdays of each month
5:45 PM — 6:45 PM

Where: Martial Arts Institute of Vacaville
331 Main Street, Vacaville

*There is a parking lot and back entrance in the alley behind the space
(look for the "A-frame sign that points the way)



CardioKickboxing **FREE!**

Ages 15 & Older
or 13 & Older with Adult

In our classes, you will benefit from:
Increased physical endurance
Enhanced coordination
Reduced stress levels
Increased cardiovascular fitness
Potential reduction of body fat
Increased self-confidence
Improved strength and muscle tone
Potential to burn up to 800 calories in 1 workout
Improved stability & balance

CardioKickboxing is different from your average fitness class. You'll not only be excited about the classes, but, you'll begin to see gains in strength and burn fat like never before. You'll even begin to have an understanding for some basic self-defense skills. You will punch and kick yourself into a fighter's condition. You'll feel comfortable joining class even if you haven't worked out in a while. And, if you're in good condition and are looking for a new challenge - you surely won't be disappointed!



When: The 2nd & 4th Wednesdays of each month
5:45 PM — 6:45 PM