

STRETCH with us!

Stretching is good for you

Stretching benefits you by increasing your energy, improving your blood flow, reducing stress, improving posture and coordination, decreasing soreness and stiffness and enhancing your overall flexibility.



Join us for a
FREE, instructor-led
Stretching Session

For more information, please call 732-532-3275

When: Every Tuesday at Myer Center

and/or Thursday at the Physical Fitness Center

Time: 11:30-12:00 (30 min sessions)

Dress: Workout wear- sneakers, sweats
Bring a mat and a towel

We'll work on stretching all your body's joints & muscles:

- Shoulders
- Back
- Chest
- Hips
- Arms
- Quads
- Hamstrings
- Calves
- Adductors
- Abductors



Increased pliability * less muscle soreness * increased range of motion * more energy *
Greater freedom of movement * more muscle power * less injuries * less stress