

Injury Prevention Series:

Yoga



IN COOPERATION WITH
THE WYANDOTTE
RECREATION
DEPARTMENT

Information:

The Injury Prevention Series at Innovative Training Solutions (ITS) aims to help prevent injuries in young athletes. This yoga series is aimed towards athletes of all ages who wish to improve flexibility, decrease risk of injury, and decrease stress.

Where:

Innovative Training Solutions
13757 Eureka Road,
Southgate, MI 48195

When:

Every Saturday at 1p.m. and Wednesday 6p.m. starting September 7th

Cost:

\$10 per class *PRE REGISTRATION IS REQUIRED* Punch Cards Available

Contact:

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