

Riga Recreation Presents...

Functional Movement for all Ages

Monday 10/19
5:30PM
Multipurpose Room

OUR SERVICES

- Tight/Unbalanced Muscles
- Individualized Training
- Improve Movement
- Increase Strength/Stability
- Nutritional Counseling



Believe in yourself
and all that you are.
Attend our
Functional
Movement workshop
for **FREE!**

PRE-REGISTER NOW

rigarec@townofriga.gov

