

OSTEO-REFORMER

WITH KRISTEN ARKUSH

Osteo-Reformer is a reformer group personal training with modifications and exercises for special populations with osteoporosis/penia, bone joint, and tissue “issues.” The focus is on building strength, balance, bone density, and core strength.

Space is limited to 8 participants.

MONDAYS

**11:00am to
12:00pm**

----- **OR** -----

**12:00pm to
1:00pm**

GPT RATES APPLY.

**Please contact
Kristen to sign up:**

**415.334.0113 or
kristen@airportclub.com**

