



ROLL & RELEASE

SMALL GROUP TRAINING WITH ADAM VON SOTHEN

FRIDAYS • 7:30AM - 8:30AM

Located in Studio 4

A guided Self-Myofascial Release class utilizing a combination of foam rollers, trigger point balls, and yoga straps. This class will help to reduce muscle stiffness, release adhesions, and increase flexibility. Come learn new strategies for self-care, keep your muscle tissue balanced and healthy, and move with greater ease!

GPT RATES APPLY.

Contact Adam to sign up: adams@airportclub.com or 949.533.5877