POSTERIOR
FOUNDATION CLINIC
Small Group Training
with Renee Miron



Are you dealing with nagging lower back pain or stiffness, or noticing posture imbalances that make daily movements feel harder than they should?

Your posterior chain (glutes, hamstrings, and spinal erectors) is the body's structural engine and shock absorber. Modern desk work and daily stress leave the backside underactive, setting the stage for the lower back pain that affects up to 80% of adults. Whether you're correcting imbalances or building strength and physique, this targeted strength program does more than shape your body: it protects your spine and reduces functional disability.

MONDAYS • 11:15AM - 12:00PM

THURSDAYS • 10:00AM - 10:45AM



What this class offers:

Methodical Mechanics: Master key compound movements like deadlifts, squats, and lunges to maximize glute engagement/muscle recruitment.

Spinal Resilience: Strengthen your core foundation to support your lower back, improve posture, and reduce injury risk.

Functional Longevity: Combat movement fatigue and age related muscle loss with a science backed program built for life long strength and vitality.

GPT RATES APPLY.

Contact Renee Miron to sign up for a session:

707.490.8097 or reneem@airportclub.com