



Free class  
for Y members

# **GUIDED DEEP TISSUE RELEASE**

Release stuck,  
tight muscles  
for better movement  
and less pain.

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**Tuesdays  
9:15-10:15 a.m.**

**Thursdays  
9:15-10:15 a.m.**

**JOIN**  
Instructor Lynn Colburn  
for a proven  
mind/body  
experience with longer  
lasting benefits  
than a deep tissue massage.

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