

# AFC Group Fitness Class Spotlight – Align the Spine

When: Friday @ 9am

Where: Aerobics Room

Instructor: Ceferina

What: This class focuses on the back, shoulders, hips and neck. Anyone dealing with pain or wants to avoid pain in any of those areas needs to check this class out! Align the Spine uses strengthening, stretching and relaxation techniques to realign the spine and return it to its proper position. This class will also strengthen surrounding muscles (like your abs) so that you are able to maintain good posture throughout the day.

Come check it out!

Patrick Flynn

Fitness Director

NMB Aquatic and Fitness Center