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| |  | | --- | | ../Desktop/Unknown.png | | ***Sundays @ 5:00-6:o0pm***  ***$10.00***  **Discover your hip, knee, and/or ankle weaknesses and learn how to strengthen them.  Strength exercises, stretches, yoga, and proper foaming rolling techniques will change your body dramatically to improve your sport.** | |  | |  | |  | | --- | | Laura Burk: President of ELB Consulting INC. Master of Public Health, Registered Dietitian,  Personal Trainer,  Corrective Exercise Specialist, and Arthritis Specialist.   All ages are welcomed! | |  | | ELB Consulting Nutrition Personal training Yoga  www.elb-consulting.com  847-912-3246 | |