



DANCE YOUR WORKOUT



WITH PERSONAL TRAINER ROBERT WERNER

Join us for an artful blending of neuroscience, biomechanics, music and spirituality to create a better biological experience. The workouts are designed to burn lots of calories and enhance mind body integration while having fun moving to inspiring music.



**SUNDAY, SEPTEMBER 17,
11:15AM-12:45PM**

**PRICE: \$15 members/\$25 public • LOCATION: Group Fitness Studio
Space is Limited • Register now at 415.444.8004**



ROBERT WERNER, PERSONAL TRAINER

AREAS OF SPECIALIZATION:

Functional Fitness, All Ages • Mobility & Performance Enhancement • Weight Loss & Body Shaping • Dance Improvisation Workouts • Training for Movement Variability • Creative, Playful, Individualized Programs • Post-Rehab Movement with Less Pain • Injury Prevention