

CIRCL

MOBILITY™

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises.

**NEW
CLASSES
JANUARY 5th**



Mercedes Gonzalez Dominguez

Burkley Fitness Center

Monday & Wednesday; 30 mins | 5:00pm

Classes free to JCH&L Burkley Fitness Center members. Non-members will purchase a guest membership or punch cards.

Release

Reduce stiffness and tension to feel your best.

Restore

Speed up recovery while improving balance and focus.

Renew

Enhance muscle activation and circulation.



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