



FREE SPIRIT MOVEMENT CLASS

WITH EMPOWER RI

**DATE: MONDAYS, TUESDAYS, AND THURSDAYS,
STARTING FEB 8!**

TIME: 12:30PM

VIA ZOOM, PLEASE CONTACT AKILAH FOR THE ZOOM LINK!

Laura will work with you to increase your physical mobility and reduce your physical limitations through stretching, breathing, and corrective exercising, all in a safe manner. Some props may be needed, such as: a simple band, tennis balls, a sock, light weights, and a dowl.

She can adapt any exercises to match your needs! Laura is a fitness and wellness coach with over 25 years of experience.



FOR MORE INFO, CONTACT AKILAH @ AMUHAMMADATKI_6019@EMAIL.RIC.EDU