



THE  
EXCHANGE

# Aerial Yoga

- Helps relieve back pain
- Trains core strength
- Relieves stress on the spine
- Trains upper body strength
- Inversions are easier to achieve and are safer on the spine
- Stretch with the hammock to support your body
- Aerial yoga is possible for every body
- For more information, contact [exchange@curtishealth.com](mailto:exchange@curtishealth.com)





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# Aerial Yoga

- Max 4 participants per Session
- Drop In:  
Members \$15<sub>+tax</sub>, Non-Members \$18<sub>+tax</sub>
- Participants are recommended to register their spots ahead of time – Punch Card Available
- For more information, or to register, contact: [exchange@curtishealth.com](mailto:exchange@curtishealth.com)

