

Physique Stretch

PHYSIQUE STRETCH, designed by **PHYSIQUE 57®** Instructor Stephanie Fagen, provides an opportunity to elongate muscles with stretches that are complementary to your **PHYSIQUE 57®** classes. Combining her experience as a **PHYSIQUE 57®** Instructor and years as a dancer, Stephanie carefully choreographed a series of dynamic and active stretches. This 30 minute session provides stretches that are perfect for a warm up before class or cool down afterwards.

Through flowing stretches set to lyrical music, **PHYSIQUE STRETCH** will help you release stress, increase flexibility and reduce stiffness throughout your entire body. The class is designed for a variety of fitness levels. It is rewarding for those who are trying to increase their flexibility as well as those trying to maintain their suppleness.

PHYSIQUE STRETCH incorporates both floor and standing stretches to effectively target all key areas. Each stretch is held for a maximum of thirty seconds which allows you to relax and boost elasticity in your muscles. The class will extend your muscles and joints to their appropriate range of motion through controlled movements.

At the conclusion of each class you will stand taller, your body will feel lengthened, and your mind will be at ease as a result of these fluid movements.

