



Women's Fitness with Meghan Brown, Personal Trainer

Meghan Brown is a NASM-Certified group fitness coach who helps people find joy through movement. She enjoys helping people get stronger and build confidence. We will use exercise bands and lacrosse balls for stretching and strengthening. You will learn simple routines to care for your body. It will include strengthening, stretching and increasing one's heart rate. You will leave with exercise tools and routine to help continue the exercises at home.

August 9th 10:00 AM-12:00 PM
Fitness class begins @ 11:00 AM
Food and Beverages Provided

The Saint Paul Healing Center
649 Dayton Ave St. Paul, MN
55104