

GYMNASTICS RING TRAINING

with Chris Miller

Ring training is a form of body weight exercise using gymnastic rings. It's a highly challenging form of training but in return the benefits are far in excess of any other traditional exercise routine.

BENEFITS INCLUDE

Increase in muscle definition, flexibility, abdominal & core strength, improved posture, easy on joints, & its fun!



Individual or partner training available. Contact Chris Miller at ext. 892 or stop by the Fitness Desk