

ESSEINTRICS.COM

ESSEINTRICS®

• MOBILITY • STRENGTH • FLEXIBILITY • RANGE OF MOTION •



ESSEINTRICS® will...

- REBALANCE YOUR BODY
- UNLOCK TIGHT JOINTS
- IMPROVE YOUR POSTURE
- TONE & SHAPE YOUR BODY
- INCREASE YOUR FLEXIBILITY & STRENGTH

This **low-impact**, equipment-free class is perfect for **men and women** and will leave you feeling **energized, youthful** and **healthy**.

ESSEINTRICS is a **dynamic, full-body workout** that simultaneously combines stretching and strengthening, while engaging **all 650 muscles**.



WHY YOU'LL LOVE ESSEINTRICS...

This dynamic workout will activate all your muscles, free your joints, and increase mobility.

Dynamic and easy to follow—our full body technique works through your muscle chains in order to liberate, empower and relieve them from tension in the process—making you feel more energetic.

Essentrics draws on the flowing movements of tai chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles and the healing principles of physiotherapy which create a pain-free body.

- Create a youthful feeling body
- Help relieve pain
- Unlock tight muscles and joints
- Increase flexibility and mobility
- Treat and prevent back pain
- Strengthen the spine and core
- Improve posture
- Provide tone, lean, defined muscles

Perfect for injury recovery and prevention, pain relief, stress release, and promoting healing. Essentrics dynamically combines strengthening and stretching to develop a strong, toned body with the complete ability of moving each joint and muscle freely, and with full range of motion.

Contact me to see what it's all about... and for more information about classes!

Karen Feitl

Certified Level 1 Essentrics Instructor



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Testimonials from local students:

"Essentrics is a simple and powerful exercise program that keeps me agile and mobile as I age."

–Mary Ellen, 72 years young

"Essentrics is the only exercise program I have stuck with for more than 6 months. These routines are short and fit into my daily schedule. Because of Essentrics, my back hasn't hurt, my hips don't hurt, and I used to get a kink in my neck at least once every other month, but that is gone too!! Essentrics keeps you moving no matter what your age!!"

–Donna, Registered Nurse

"I heard about Essentrics through my mom, who regularly did the workouts in between activities but I was skeptical to use them at first because I didn't think it could help me tone my muscles like I do in my sports exercises. However, once I jumped into the mix and tried it out myself, I was impressed by how I could tone and build muscle while also stretching out all the muscles I was working on within my sport."

Now, I feel more relaxed while performing my volleyball workouts and it has helped my sore knees, even in the recent times that I have used Essentrics. For beginners, I would just try the program a few times because you probably won't get the best benefit out of it on the first workout. As an athlete, Essentrics has been a calming but greatly beneficial stretching and toning workout to add to my muscle building and stamina workouts."

–Maggie, College athlete

"Essentrics is an amazing program that increases a person's strength, stamina and diminishes pain due to injury or age! Karen Feitl delivers competent and enthusiastic sessions. Don't miss an opportunity or put off a chance to receive the benefits of this program and local talent!!"

–Janet, Essentrics® Aging Backwards® enthusiast

"I had seen Classical Stretch on PBS but had never tried it. I was inspired to do it from the testimonies of a friend. After a difficult birth, it helped get my body functioning again, with no more limited mobility or pain. I really enjoy how I have more energy when I complete the workout than when I started and that inspires to me come back and do it the next day. I love that my whole body feels freed up, and that I have strengthened my body, but done it in a healthy way. I'm excited about both being healthy now and the prospect of aging well!"

–Renée, Director of a local non-profit organization

ESSEINTRICS®

Who ESSEINTRICS® is for:

Women and Men of all ages who...

- Enjoy a dynamic workout with motivating music
- Are looking to tone their body without weights
- Want to increase flexibility and overall mobility
- Are worried about bulking up their muscles, but want definition
- Have tight hips, back and shoulders and need increased range of motion
- Are recovering from injury but still want to keep their body active
- Have had past injuries and seek a safe workout
- Seeking a workout to help relieve pain
- Are runners, cyclers, spinners or are training for an endurance event (marathon, etc.)

What ESSEINTRICS® Does:

For Body Shaping

- Defines the waist
- Creates toned, lean and strong arms
- Slenderizes thighs and quads
- Creates flat, defined abs
- Improves posture
- Lifts the butt
- Targets and firms every muscle in the body

For Health & Performance

- Increases full body flexibility
- Helps relieve pain
- Unlocks tight muscles and joints
- Strengthens the spine and core o Helps to treat and prevent back pain
- Age-defying workout: creates a youthful feeling body
- Improves agility and speed for sports
- Supports injury prevention
- Helps speed-up recovery time through increased blood flow