



CBRC Health & Fitness

POSTURE CORRECTION

This program will improve posture by adding corrective strengthening and stretching exercises to your fitness program. Our posture correction program is designed to restore normal spinal alignment and function, develop alignment that prevents injury, and create a more even distribution of forces on the spinal column. Continued poor posture can lead to stretched ligaments, cartilage damage, disc injuries, arthritis, and many other musculoskeletal disorders. We provide education on how to implement a daily proactive approach or plan to maintain good posture.

Posture Correction participants meet with our exercise professionals twice a week for 30-minute sessions.

Posture Correction program is available in 3, 6, or 12-month programs. Cost: \$36-\$43 per session depending on program length.

CBRC Health & Fitness Exercise Professionals believe in Movement Health and Movement Function. Get started today!

CONTACT US

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