

## Several interesting fascia facts:

- Fascia is the connective tissue that connects every part of our body from head to toe and is now considered the largest organ of our body!
- Fascia responds three times faster than nerves and makes up 70% of our neurological system!
- Myofascial restrictions can produce tensile pressures of approximately 2000 lbs. per square inch on pain sensitive structures



### Contact Us

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# The Fasianator™



Instructor: Heather Schmidt

Certified Fascianator™ Instructor

**Free demo classes available.**

**Demo class recommended before purchase of roller and class registration.**

## CLASSES WILL BE AS FOLLOWS:

***Tuesday:***

8:15 am

***Wednesday:***

7:00pm

**COST:** Members of the Inman Wellness Center:

Class is free with membership

Non-Members:

\$33 for one class per week session

\$54 for two classes per week session

**Are you ready to try something different as part of your daily workout regimen?**

Is 2020 the year to increase your Flexibility and Range of Motion and balance out the tension network of your body? Tired of those aches and pains that will not go away with regular stretching? The Fascianator rolling class is truly a one of a kind class you must experience to fully understand the benefits!

The Fascianator™ is part of a self-healing, self-myofascial release practice proven to be the solution for thousands of pain sufferers.

