



New PhysioFIT Series

Starting Saturday May 1st at 9:15 am

Join Becca Ellis for a 6-week posture & core training program to improve body awareness!

- There will be 12 spots open to practice with Becca in the studio for the group session
- The series is also offered virtually
- Drop-in option is available for \$20 (if you have class 10 pack you can use this)
- **Free** for RTC Yoga members
- Non-member cost is **\$120**



[Learn More](#)

Questions?

We are happy to answer any and all questions you might have about our services and how we can help

Call us at 757-578-2958 or send us an email at

[info@restorativetherapyco.com!](mailto:info@restorativetherapyco.com)



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