

Body Techninc Systems Inc. Presents:

WAVES

With **Dan Hogan**

WHAT:

Two workshops which will cover various exercises to help increase mobility, strengthen muscles and enhance over-all body condition. The first is open to the general public, and is geared toward beginners and water enthusiasts. The second is geared toward professionals, trainers, therapists, and swimming instructors.

WHEN:

Saturday April 6th at the John M. Coyne Recreation Center, in Brooklyn, Ohio.

Registration will be open beginning at 10:00am

Community Workshop 1: 10:30am-12:00pm - \$45.00

Advanced Workshop 2: 12:00pm-1:30pm - \$65.00

WHERE:

John M. Coyne Recreation Center Natatorium

7600 Memphis Avenue Brooklyn, OH 44144

Reserve your spot early by contacting us at (440)-248-9255, or by emailing us at info@bodytechnic.com.

Dan Hogan has a M.S. in Ergonomics and Biomechanics from NYU. He is a former Gold Medal Winner U.S. Synchronized Swimming Competition. He is the Clinical Research Coordinator/Research Assistant at the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital in New York City. Dan also works as a consultant for ergonomic, fitness & wellness organizations, and is a presenter nationally and internationally.