



Restoring Bodies Fitness & Nutrition Services



Mar 7 · ⚙️

Here are tips from some of our teachers ---

Liz - Keep moving!

Lynn - Hot Tub!

Kristin - Epsom salt bath!

Do you have any tips? Share below...

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[#FitnessforSeniors](#) [#Yoga](#) [#Pilates](#)



You and 7 others

1 Comment



8



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Mar 5 · ⚙️

We're proud to be a part of the Rocket City, and we're proud to support you as you age gracefully.

#NationalNutritionMonth

#AgingGracefully #RocketCity #Huntsville

3 things that set Restoring Bodies apart from other fitness centers:

1. We have our own in-house dietitian, Tammie Brown.
2. We specialize in fitness for men and women over 50.
3. We celebrate movement no matter how large or small, because

SMALL STEPS LEAD TO BIG RESULTS!



👍❤️ You and 14 others

