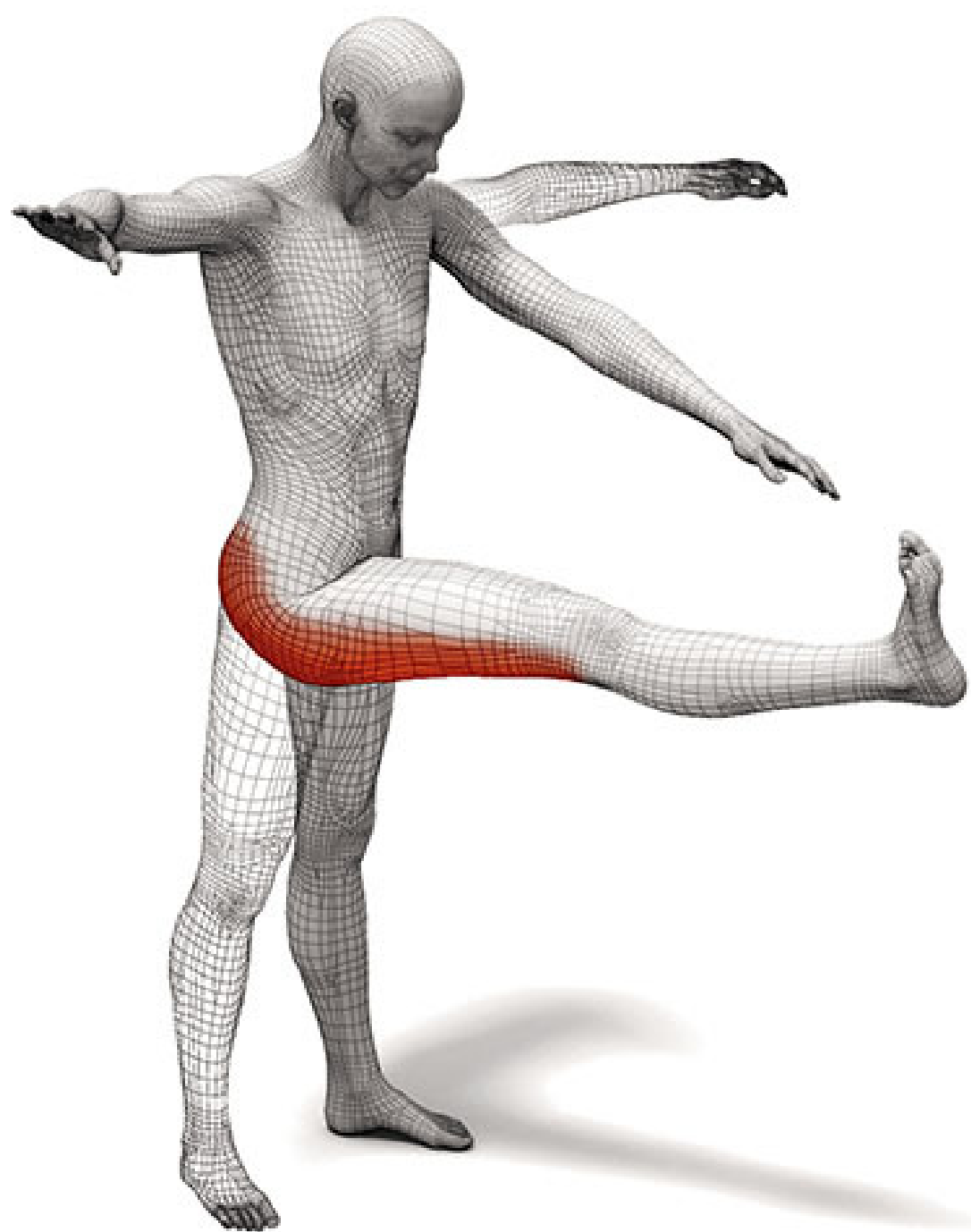
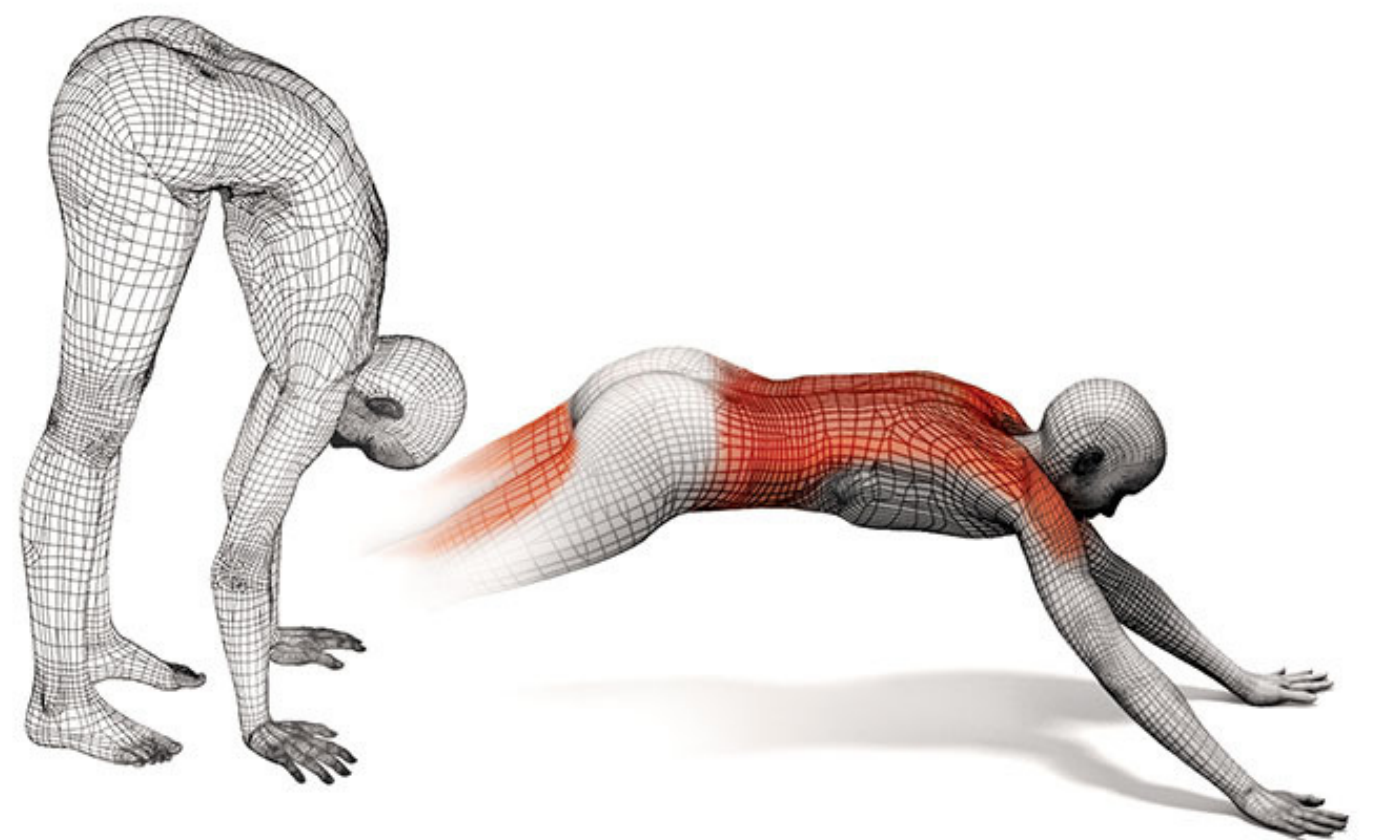


AFP TRAINING STUDIO

# DYNAMIC STRETCHING



TIME TO MAKE A CHANGE!

**VISIT US TODAY AND  
JUMPSTART A WHOLE  
NEW YOU!**

2313 EDISON ST. | AMES, IA | 50010  
[www.afptraining.com](http://www.afptraining.com)