



# ESSENTRICS WITH MARTHA NATHANSON

CERTIFIED  
ESSENTRICS  
INSTRUCTOR

**FREE Trial on  
Wednesday,  
January 7, 2026  
10:30 AM - 11:30 AM**

*Snow Date is January 14*

## **At the Myerberg Center**

3101 Fallstaff Road  
Baltimore, MD 21209

Wednesdays, 2/4 - 3/4  
10:30 AM - 11:30 AM  
Members \$60, Guests \$75

**FREE Trial!  
If you enjoy it,  
register for the  
session below**

Essentrics is a full-body, dynamic stretching and strengthening workout that helps you move with ease. You will work every joint through its full range of motion, and every muscle throughout the body, in dance-like style. You will build strength, improve flexibility, and achieve better posture.

Whether you're just starting to move more, deepening your activity level, or simply seeking to feel more confident in your body, Essentrics helps you move freely, feel balanced, and manage pain.

**REGISTER**

**Call 410-358-6856**

**Email [info@myerberg.org](mailto:info@myerberg.org)**