

OASIS Fitness Center

Previous Workout Routines

BALANCE AND STABILITY

- [Balance and Stability 1](#)
- [Balance and Stability 2](#)
- [Balance and Stability 3](#)
- [Balance and Stability 4](#)
- [Balance and Stability 5](#)
- [Balance and Stability 6](#)
- [Balance and Stability 7](#)
- [Balance and Stability 8](#)
- [Balance and Stability 9](#)
- [Balance and Stability 10](#)
- [Balance and Stability 11](#)

STRETCHES

- [Full Body Stretch](#)
- [Upper Body Stretch](#)
- [Chest Stretch](#)
- [Back Stretch](#)
- [Foot Stretch](#)
- [Neck Stretch](#)
- [Shoulder Stretch](#)
- [Wrist and Arm Stretch](#)