



MOBILITY . STABILITY . STRENGTH CLASS

If you are wanting to get back into the gym, but don't know where to start, start here.

This class is designed for individuals who have pain/tightness/or soreness in their shoulders, hips, and back.

We will teach you exactly how to return to optimal levels of range of motion in your joints so that you can get started on your fitness goals.

AUGUST 15 - SEPTEMBER 22, 2016

MONDAYS & WEDNESDAYS

12:00 - 1:00 PM

TUESDAYS & THURSDAYS

6:00 - 7:00 PM

2 X PER WEEK

6 WEEKS

INTRODUCTORY RATE: \$150

REGISTRATION: 480.208.2915 / Info@method-athlete.com

Limited Space Available

METHOD-ATHLETE.COM