



Flexibility Mobility Recovery

Actively rehab the body by stabilizing, strengthening, and empowering the body through key exercises

“First move well, then often”- Grey Cook

Contact Zach Zyzyk
For more information:
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Functional movement system

8 WEEK COURSE
Tues. & Thurs.
6:00 – 7:00pm
Saturday
10:15-11:15am

SIGN UP TODAY!

**Limited Class Size*