

Active Recovery **Training**



Only 10 spots available!

MONDAY

6-7pm

WEDNESDAY

8:30-9:30am

FRIDAY

6-7pm

1st Class Friday Nov 18th



Classes Held @ our Indoor Studio **Located in Newtown**







bodyARI

- **Balance, Breath, Function**
- **A Physical Therapy Based** Workout



Cardio

Class starts with mobility & builds in intensity. Youll leave class sweating

Strength

Coach provides an immense variety of modifications from beginner to advanced to ensure you're pushed to YOU'RE individual limit

Mobility

Cardio with an already warm body results in increased mobility



A synergy of physical training & alleviation of physical & mental tension is achieved

ULTIMATE GOAL

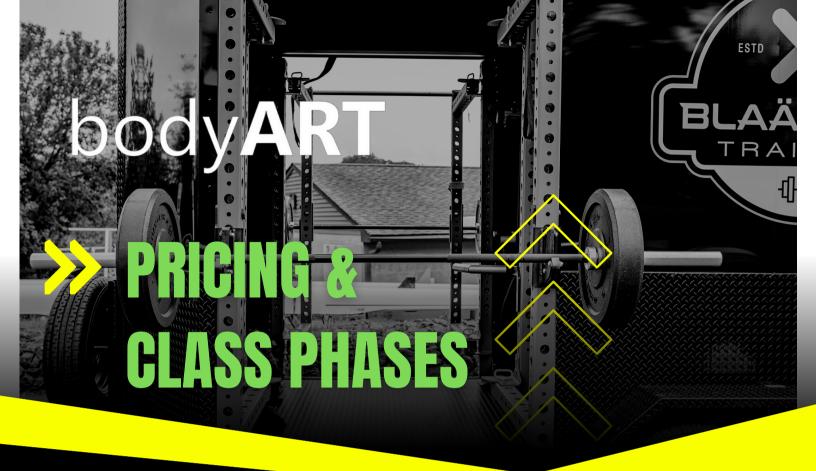
Correct function of the entire body through functional strength & stabilization of the human motion system











Full 6 week series

\$180 (\$30 per session)

Drop In

Week 1

Flexibility

Week 2

Strength

Week 3

Balance

Week 4

Coordination

SIGNUP NOW

www.BlaakOutTraining.com

Week 5

Control & Release

Week 6

Mental Clarity

