

bodyART

» **Active
Recovery
Training**

BLAAK OUT
TRAINING

6 Week Series

Only 10 spots available!

MONDAY

6-7pm

WEDNESDAY

8:30-9:30am

FRIDAY

6-7pm



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

**1st Class Friday
Nov 18th**



bodyART

» **Balance, Breath, Function**

» **A Physical Therapy Based Workout**

BENEFITS

Cardio

Class starts with mobility & builds in intensity. You'll leave class sweating

Strength

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

Mobility

Cardio with an already warm body results in increased mobility



Mental

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



bodyART



>> PRICING & CLASS PHASES

Full 6 week series

\$180 (\$30 per session)

Drop In

\$40 /per session

Week 1

Flexibility

Week 2

Strength

Week 3

Balance

Week 4

Coordination

Week 5

Control & Release

Week 6

Mental Clarity

SIGNUP NOW

www.BlaakOutTraining.com



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