

HELPING YOU LIVE BETTER

MOVEMENT IMPROVEMENT



This class is designed for retraining your movement patterns for maximum performance, maximum recovery and maximum health. Movement Improvement helps people get out of pain, improve



Mondays and Wednesdays 8 AM Collins Classroom

FREE to Y Members \$40 per month for Non-Members

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONLINE REGISTRATION IS AVAILABLE!

