



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POST RE-HAB EXERCISE CLASS

KEEP YOURSELF STRONG AFTER PHYSICAL THERAPY

Don't allow the gains you've made to lapse

SMALL GROUP PERSONAL TRAINING - MONDAYS 10-10:30 am

For 6 weeks beginning January 15, 2018

Whether you've recently completed Physical Therapy or you finished years ago you can regain your strength, flexibility and functionality in Post Re-hab Small Group Training

Post Re-hab Class is for You

If you've had an injury, surgery or illness that required Physical Therapy and you need help remembering how to do your exercises properly, or you need support to do your exercises regularly or you'd like to build on your past success

Continue and Progress After Physical Therapy

- Using proper form
- Keeping your joints safe
- Building strength
- Increasing flexibility
- Improving functionality
- Under the guidance of a certified Personal Trainer



FOR MORE INFORMATION CONTACT

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