

BE KIND TO YOUR SPINE!

Classes begin APRIL 1, 2008!

***THERAPY BALL EXERCISE
CLASS***

TUESDAY NIGHTS

6:30—7:30 pm



APRIL 1—MAY 20, 2008

Improve your posture, balance and core strength while learning to use therapy balls safely. Exercises will focus on the trunk, pelvic and shoulder girdle muscles and emphasize use of these muscles for daily activities.

This class is taught by Tanya Hege-Maisel, a licensed physical therapist and is ideal for people who are recovering from an injury or at risk to re-injure themselves.

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8 WEEKS!

**Pre-Registration \$12.00 per class for 8 weeks
(\$96.00)**

Walk-Ins \$15.00 per class

Integrated Therapies, LLC
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