



ACADEMY for
SPORTS & WELLNESS

The Center for
Physical Rehabilitation
pt-cpr.com

BACK ON TRACK

DESIGNED TO HELP YOU START YOUR FITNESS JOURNEY

Are you wanting to exercise but don't know where to start? Back on Track introduces you to a fitness regimen that you can be comfortable and confident with. This class will ease you into a routine of stretching, strengthening and cardio training!

AREAS OF FOCUS

- **CARDIO**
- **TOTAL BODY STRENGTHENING**
- **CORE**
- **FLEXIBILITY**

DETAILS:

Days: Tuesdays & Thursdays

Time: 10:00 AM - 11:00 AM **or**
5:30 PM - 6:30 PM

Cost: Package Price \$128 for 16 sessions or \$10 per drop in class

Location: 5060 Cascade Rd., Suite A
Grand Rapids, MI 49546

Register online at:

pt-cpr.com/academy/registration **or**
Contact Wendi Corelli

616-954-0950

wendi.corelli@pt-cpr.com

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