

Moms: You Can Get Your Body Back!



Come for the fun and find an easier way
to a stronger healthier you!



- Learn to move smarter not harder
- Personalized assessments
- Body mechanics education
- Learn whole body exercises requiring no special equipment
- Convenient evening hours

Tuesday Evenings: 7:00-8:00pm

Please inquire at the reception desk for class dates

Peak Sports & Spine P.T. • Issaquah

Cost: \$150.00

Call (425) 391-9211 to enroll

Class size limited, reserve
your spot today!

See reverse side for details.

MOMS: You Can Get Your Body Back!

Feeling not quite up to speed since having that baby? Learn how to get your body back at our fun new class: **"Body Mechanics After Baby"** at **Peak Sports and Spine Physical Therapy in Issaquah.**

This three session class begins with a personal movement screen to find out exactly where your physical strengths and weaknesses are. The second class will be group participation exercises that we created just for moms. The exercises incorporate whole body moves that require no special equipment; just using your own body (or baby!) for resistance. In the third class, we'll teach you simple, more comfortable ways to move as you go through the everyday tasks of carrying around a baby, moving little ones in and out of the car, crib, bath and changing table, and the physical tasks of running a house.

This class was created after years of seeing new, and not so new, parents and caregivers coming in for Physical Therapy treatment, all suffering from the same complaints, wanting to feel stronger and pain free, but not sure how to get there. There IS a better way, and we want to help you get there! The classes are designed and taught by a Physical Therapist and a Physical Therapist Assistant; both of whom are parents and have gone through physical therapy themselves.

Come join the fun! Leave the little ones at home and come dressed to work out! We'll help you find a better way of moving, and an easier way to a stronger, healthier body. ***Light snacks will be provided.***

We will meet once a week for three consecutive weeks from 7:00 to 8:00pm. We will offer classes approximately once a quarter. Please call 425-391-9211 for specific dates, and to register. Class sizes are limited and must be paid in full before the first class.

www.peaksportsandspinept.com



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