



OSTEOPOROSIS

Bone Strengthening
Weight Circuits

PARKINSON'S

Forced High Intensity,
Posture and Balance

FITNESS PROGRAMS DESIGNED BY PHYSICAL THERAPISTS

LOW BACK PAIN

Core Strengthening
and Spinal Mobility

- Programs are specific to your diagnosis
- Classes are online with one month of scheduled routines!
- All programs are based on the latest research

M.O.V.E.

Body and Mind
Exercise for the
Bariatric Client

BALANCE & AGILITY

Fall Prevention
Exercise

**Sign up for your
** Free**
2 week trial**

PREHAB

Pain Free Exercise Pre and
Post Joint Replacement

www.wellness360fitness.com

