



## FITNESS PROGRAMS DESIGNED BY PHYSICAL THERAPISTS

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

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

### OSTEOPOROSIS

Bone Strengthening  
Weight Circuits

### PARKINSON'S

Forced High Intensity,  
Posture and Balance

### LOW BACK PAIN

Core Strengthening  
and Spinal Mobility

### M.O.V.E.

Body and Mind  
Exercise for the  
Bariatric Client

### BALANCE & AGILITY

Fall Prevention  
Exercise

### PREHAB

Pain Free Exercise Pre and  
Post Joint Replacement