

Bomb-Proof Knees & Shoulders

Thursday February 23rd

6:00 PM to 7:00 PM

\$29.95 + HST



Learn movements & exercises that will restore full function to knees & shoulders after minor injury or to alleviate chronic pain.

Plan workouts to better prepare for corrective surgery.

Get fit & before surgery! You will rehabilitate faster!

We can train ourselves to move better & to FEEL better. Find out how!

"Avid is the heart of fitness & running in Powell River"



www.avidfitness.ca