

Feel Better In a Month

with

CCRP's Corrective Exercise Program

Who can benefit?

Anyone who lives with day to day aches and pains.

What does it entail?

This four week program consists of an hour long assessment, four ½ hour sessions focused on releasing overactive muscles, stretching tight muscles, activating weak muscles and exercising everything in unison to get your system working smoothly again. It's tied up with a final hour session spent reviewing the exercises and putting it all together.

As part of the program, you'll also receive a kit including a foam roller and tennis ball for muscle release and your personalized, illustrated exercise plan.

You'll leave the program with a complete exercise strategy to help you conquer everyday aches and pains in your shoulders, back and knees.

**Sign-up for this program by March 31st
and you'll pay just \$300 (a \$50 savings)!**

Tell me more!

Learn about this program at an informational session offered by CCRP trainer Mike Bento! Sessions will meet in the Fitbox and last approximately 15 minutes.

Tuesday, March 9th @ 12:15pm
Thursday, March 11th @ 5:30pm

For more information please contact
Mike @ 617.726.2900 or
via email @ mbento@partners.org

