

What Your Workout Needs Now:

Functional, 3- Dimensional Movement

What *is* functional, 3-Dimensional Movement?

Join Anita Luck for this 45 minute workshop and find out:

- Why this kind of movement makes you stronger *and* more flexible
- Why you want to train for resilience
- Suggested exercise to get you started

Be ready to learn and move!



Anita Luck, is among the elite group of Movement Specialists trained by the Gray Institute, the authentic source of Applied Functional Science®. She looks at the body in front of her to create movements and exercises to help her clients reach their goals.

(Anita is humbled and proud to be Dr. Weiss' choice of trainer after his ACL surgery).

Thursday June 22, 7:00 - 7:45 pm

@ Performance Health Center.

Please call PHC to register: 508 655 9008

