

JUNE / JULY

WORKSHOPS & CLINICS

Learn, Experience and
Get Inspired.....



FITNESS / NUTRITION FUNDAMENT...

Tom Duggan
Thu

5/31/18 - 5/31/18
6:00 PM - 6:15 PM



Running Injuries & Hip Dysfunction

Joelle Beaudoin
Wed

6/13/18 - 6/13/18
6:30 PM - 7:30 PM



CORE / BALANCE STABILITY

Joelle Beaudoin
Wed

6/20/18 - 6/20/18
11:15 AM - 12:15 PM



FITNESS / NUTRITION FUNDAMENT...

Tom Duggan
Thu

6/21/18 - 6/21/18
11:00 AM - 11:15 AM



Ankle & Foot Problems

Joelle Beaudoin
Mon

6/25/18 - 6/25/18
6:30 PM - 7:30 PM



SHOULDER MOBILITY PAIN CLINIC

Joelle Beaudoin
Tue

7/10/18 - 7/10/18
11:00 AM - 12:00 PM



These **FREE**
Workshops & Clinics
are available
to all members and
their guests!

***“Motivation
through
Education”***

Reserve your spot for the clinics & workshops on your mobile app under workshops !