

Schedule for Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
Sittin' Strong 9:00am-9:30am	Stretch it Out! 9:00am-9:30am	Sittin' Strong 9:00am-9:30am	Stretch it Out! 9:00am-9:30am	
Balance for Life 10:00am-10:30am	Walk it off! 10:00am-10:30am	Walk it off! 10:00am-10:30am	Balance for Life 10:00am-10:30am	
The Swiss Talk 11:30am-12:00pm		The Swiss Talk 11:30am-12:00pm	Walk it off! 11:00am-11:30am	
	Stretch it Out! 2:00pm-2:30pm		Stretch it Out! 2:00pm-2:30pm	
Employee Fit 5:30pm-6:00pm		Employee Fit 5:30pm-6:00pm		
Strength and Tone 6:00pm-6:30pm		Strength and Tone 6:00pm-6:30pm		

Punch cards are available at the front desk of Fundamental Physical Therapy. Each punch card purchased is good for ten sessions of the class the individual signed up for. A person can sign up for multiple classes at one time. Classes and class times are subject to change. Please feel free to contact us with any questions you may have. Listed on the reverse side are our prices for the punch cards as well as class descriptions.

Friends, family, and staff are invited to try any of our classes at any time, risk free! There is no membership fee; you only pay for the classes and/or personal training sessions you sign up for. The staff at Fundamental Physical Therapy works with you individually, whether you're active in exercise daily or just starting out and have no exercise experience.

Our mission is to help you reach your goals and live a healthier life by teaching you the correct form, posture, and techniques with exercises designed to help elevate existing pains, prevent future pains, and build muscle correctly all done through hip and body placement.

Balance for Life – (\$40 punch card for 10 classes)

Balance for Life is a class whose main goal is to help improve the balance of those who participate through standing, sitting, and other exercises. This class is for all ability levels and the instructor can modify the workouts to fit different ability levels!

Stretch it Out! – (\$35 punch card for 10 classes)

Stretch it Out! is a stretching class to help improve flexibility for all age groups and ability levels. It includes static holds, improving range of motion, and breathing exercises.

Sittin’ Strong – (\$40 punch card for 10 classes)

Sittin’ Strong is a class to help improve the strength and tone of those who may have a hard time standing due to physical pain, injury or just have difficulty standing for long periods of time. This is a modified class that involves doing strengthening exercises while in a seated position with dumbbells, bands, and body weight.

Strength and Tone – (\$40 punch card for 10 classes)

Strength and Tone is a class designed to improve the overall strength, muscular endurance, and wellness of its participants with total body workouts! *Strength and Tone* is a non-cardio strengthening and toning class, with emphasis on core.

This class is for everyone and can be modified to fit individual fitness needs.

Employee Fit – FPT employees only

Employee Fit is a cardio and strengthening class that aims at improving strength, muscular endurance, and overall wellness of Fundamental Physical Therapy’s employees using all different kinds of workout equipment. This class is meant to be at a moderate to high intensity, but can be modified to fit individual ability level to target total body, upper, lower, and core!

Walk it off! – (\$40 punch card for 10 classes)

Walk it off! is a strengthening and toning class that takes place while you walk. It is for people of all ability levels and takes place in the beautiful outdoors! *Walk it off!* uses bands, dumbbells, and your own body weight.

NOTE: If weather prohibits the class from walking outside *Walk it off!* will take place inside and will be a strengthening and toning class with mild cardio.

The Swiss Talk – FREE

The Swiss Talk is not so much a class as it is a discussion group where people get together and discuss a variety of topics, such as books, movies, politics, etc. It can also act as a support group for one another. During these discussions people sit on a Swiss ball while holding proper posture to help better activate and train their muscles to strengthen their core. No slouching!