

# Swim Strong

With

**Rejuven8**  
Physiotherapy



## Development Squads Swim Specific Strength & Conditioning Classes Designed to enhance performance in the water

**Dates:** 08.11.2017, 15.11.2017, 22.11.2017, 29.11.2017, 06.12.2017

**Time:** 5.45-6.30pm

**Venue:** Rejuven8 Physiotherapy, Stoneleigh Park, CV8 2LG

**Price:** £60 for 5 classes

**Email:** [rejuven8physio@gmail.com](mailto:rejuven8physio@gmail.com) to book

Advanced payment required

Class size: minimum 8 maximum 12

**Optimising Health & Performance**

#LandTraining #CoreStrength #AbdoPower #Pilates  
#Fitness #EvidenceBasedPractice #Stronger #Streamline

