

Swim Strong

With

Rejuven8
Physiotherapy



Swim Specific Strength & Conditioning Classes

Designed to enhance performance in the water

Dates: 13.06.2017, 20.06.2017, 27.06.2017, 04.07.2017, 11.07.2017

Time: 5.45-6.30pm

Venue: Rejuven8 Physiotherapy, Stoneleigh Park, CV8 2LG

Price: £60 for 5 classes

Email: rejuven8physio@gmail.com to book

Advanced payment required

Class size: minimum 8 maximum 12

Optimising Health & Performance

#LandTraining #CoreStrength #AbdoPower #Pilates
#PowerToWeightRatio EvidenceBasedPractice #Stronger

