

# Swim Strong



## Performance Strength & Conditioning Intensive

- **Date:** 3<sup>rd</sup> Jan 2017
- **Time:** 5-7pm
- **Venue:** Rejuven8 Physiotherapy, Stoneleigh Park, CV8 2LG
  - **Price:** £40
- **Email:** [rejuven8physio@gmail.com](mailto:rejuven8physio@gmail.com) to book
  - Advanced payment required
  - Class size: minimum 6 maximum 10



**Optimising Health & Performance**  
#LandTraining #CoreStrength #Plyometrics  
#Stretching #EvidenceBasedPractice #Stronger #Fitter

