

# Swim Strong

With

**Rejuven8**  
Physiotherapy



## Swim Specific Strength & Conditioning Classes

Designed to enhance performance in the water

**Dates:** 18.09.2018, 25.09.2018, 02.10.2018, 09.10.2018, 16.10.2018

**Time:** 5.45-6.30pm

**Venue:** Rejuven8 Physiotherapy, 5<sup>th</sup> Street, 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

