



**FUNCTIONAL MOVEMENT**  
**MONDAYS 12-1P & 1-2P**  
**WEDNESDAYS 12-1P & 1-2P**

**PERSONAL SESSIONS BY APPOINTMENT**

**Abe Cruz, NASM CPT**

Do you feel low energy and vitality? Come attend class with Abe where he is focused on joint mobility, flexibility, strength and coordination for fall and muscle loss prevention. Retrain your body to overcome its weaknesses and bring your body back into balance. Abe's system includes improving posture and inducing new brain maps to give you movement freedom and stability. Abe is also available for personal sessions at **\$80/hr. or \$40/30min.**

*We look forward to seeing you there!*



**“The Cavemen had it right – primal movement patterns”**

• **Stronger Movements**

• **Address your postural alignment**

• **Reduce Stress**

**\$10 per class, discounts may apply**

**\$80 hour/\$40 30min**

**Ready, Set, MOVE!**

**ALL CARE**

**CLINICAL WELLNESS**

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