

February

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Mindfulness 12:00pm- 12:45pm			Strength & Balance 12:00pm- 12:45pm	Strength Circuits 12:00pm- 12:45pm
10	11	12	13	14
Mindfulness 12:00pm- 12:45pm		Strength & Balance 12:00pm- 12:45pm		Strength Circuits 12:00pm- 12:45pm
17	18	19	20	21
Mindfulness 12:00pm- 12:45pm		Strength & Balance 12:00pm- 12:45pm		Strength Circuits 12:00pm- 12:45pm
24	25	26	27	29
Mindfulness 12:00pm- 12:45pm		Strength & Balance 12:00pm- 12:45pm		Strength Circuits 12:00pm- 12:45pm
Class Prices \$8/ Class \$28/ 4 Classes \$52/ 8 Classes \$72/ 12 Classes				

FYZICAL Therapy and Balance Centers is registered with the state of Florida as a Health Studio Facility. Registration number HS10479 for the Crestview location

Class Descriptions

Mindfulness

Monday 12-12:45pm

This restorative stretching class focuses on increasing range of motion from head to toe, and completing stretches in all areas of the body. Mindfulness also incorporates concentration of breath and light meditation, setting you up for a calm and focused week.

Non members must sign Physical waiver prior to class

Strength & Balance

Wednesday 12pm-12:45pm

This small group class will focus on preventing balance issues and increasing strength. This is a balance prevention class for members looking to reduce their risk of falls, a 10 min balance assessment is required prior to joining class. (Balance assessment is free, please see front desk to schedule)

Strength Circuits

Friday 12-12:45pm

This higher intensity class includes a total body workout in just 45 minutes. Using the High Intensity Interval Training model (HIIT), you will work your upper body, lower body, and core with every exercise interval you complete. Come in and start your weekend off right!