

P.R.O.S

Post Rehabilitation Orthopedic Specialists

Presents:

Run Strong



A running performance enhancement training course

1. Strength and Conditioning
2. Pilates and Core Stabilization
3. Barefoot Training and Plyometrics

When: Friday Nights at 5:00 PM
January 6th –March 9th

Where: Apple Therapy Nashua

Cost: \$100 for 10 classes

Contact Brandt/Shannon or Lynn at 603-889-0177 to sign
up