



"Move Better to Live Better."

Summer 2013 Evening Class Schedule

All classes begin at 6:30 p.m. and end at 7:30 p.m.

1. Managing Low Back Pain and Back Saving Practices

1st Tuesday (6/4, 7/2, 8/6, 9/3) Taught by: Lenore Kitani, PT, ScD, COMT

Class Description: In this class you will learn strategies to do daily activities while decreasing back pain. You will learn how to strengthen the muscles that will help you to decrease your low back stress and reduce pain.

Cost: \$10/person

2. Sports Injury Prevention (Saving your knees and other joints)

2nd Tuesday (6/11, 7/9, 8/13, 9/10) Taught by: Luke Hruska, DPT, CSCS

Class Description: Learn if you are at risk for injury in your favorite sport and what exercises you can do to combat injury. There are specific exercises that can help improve your sport performance and decrease stress to areas of the body.

Cost: \$10/person

3. Balance Enhancement

3rd Tuesday (6/18, 7/16, 8/20, 9/17) Taught by: Lexi Richey, Community Falls Prevention Specialist

Class Description: Learn about your personal balance skills and how to improve them. You will learn specific exercises and practices to decrease your risk of falling and increase your balance capacities.

Cost: \$10/person

4. Aquatic Exercises

4th Tuesday (6/25, 7/23, 8/27, 9/24) Taught by: Kath Anne Weber, MPT

Class Description: Come to this class and learn the benefits of exercising in the water. We will actually get in the warm water therapy pool and learn some specific exercises that will get you started.

Cost: \$10/person

5. Finding the Right Physical Activity for You

5th Tuesday (7/30) Taught by: Brenda Seamons, PT, DPT

Class Description: Exercise is good for you but which one will be the best for you? Learn about how to make these decisions and strategies that help you figure out how to progress your present fitness level.

Cost: \$10/person

Call 303-665-8747 or Visit our Website www.Back2Action.com to reserve your spot in our Summer Classes

1319 West Baseline Road, #100

Lafayette, CO 80026