



"Move Better to Live Better."

Summer 2013 Evening Class Calendar

June 2013						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2013						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2013						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2013						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

1st Tuesday (6/4, 7/2, 8/6, 9/3)

Managing Low Back Pain and Back Saving Practices

Taught by: Lenore Kitani, PT, ScD, COMT

2nd Tuesday (6/11, 7/9, 8/13, 9/10)

Sports Injury Prevention

Taught by: Luke Hruska, DPT, CSCS

3rd Tuesday (6/18, 7/16, 8/20, 9/17)

Balance Enhancement

Taught by: Lexi Richey, Community Balance Instructor

4th Tuesday (6/25, 7/23, 8/27, 9/24)

Aquatic Exercises

Taught by: KathAnne Weber, MPT

5th Tuesday (7/30)

Finding the Right Physical Activity for You

Taught by: Brenda Seamons, PT, DPT

Call 303-665-8747 or Visit our Website

www.Back2Action.com

To Reserve a Spot in our Summer Classes



1319 West Baseline Road, #100
Lafayette, CO 80026