



Our small group fitness classes are for anyone wanting to improve their balance and gain confidence and independence.

Bring this brochure with you to get your first class for FREE.

We help you to improve your life by helping you gain confidence and independence.

Monday & Wednesday

11:00am – 11:45am

Balance Class

Tuesday and Thursday

8:00am – 8:45am

Advanced Fitness

Physical Therapy Connections,
P.C.

58 Glenroyal Drive
Pueblo, CO, USA 81005



www.pt-connections.com
adrian@pt-connections.com

Tel 719-565-6678
Fax 888-334-4957

Physical Therapy
Connections, P.C.

**Fitness Classes
Health and
Wellness Programs**



Do you want better balance? Are you afraid of losing independence and mobility?

- People over age 50: a top fear is losing balance, and that fear is valid. One of the top causes of death for that age group are falls.
- Even if you do not have a fatal accident, the chances of breaking a bone or serious injury are high if you do have a fall.
- Learning ways to prevent falls, can decrease your risk, your muscles will be stronger, your bones will be less likely to break with resistance training.



Fitness classes for women over 50 are safe and fun. We have members who have been loyal for over 8 years and continue to spend time and energy on improving their health.

Your 1st class is FREE, come in right away. Before your health gets worse.



Gain a few friends along the way...

Our classes are welcoming and are meant to facilitate long term friendships. We have members who have been coming and working on balance while gaining friends along the way.

If you are widowed, if your adult children are in another city, if you are very social and want more friends.... this class is for you.

The best people you will ever call friends are right here working on their balance and mobility.

Encouraging you to improve your confidence and health.

“This experience made me realize that if you don’t use it, you lose it. I liked the personal care and how upbeat and supportive the therapists are.” – Mary

“Everyone greets you so nicely and tries to ease your pain with exercises and encouragement. You just have to keep trying, give yourself time and don’t get discouraged!” – Donna

Prices

- 1 month: \$100.00 (unlimited access)
 - Day pass: \$15.00 (one class)
-