



Sale!

MediStik & BioFreeze
Manage aches & pains at home
20% OFF

Rehab with Kristi @ In Motion
Plan for Success in 2020

Work 1-on-1 or join a class
Just Get In Motion!

February Birthday? Purchase a
\$50 G.C. and Receive \$25 G.C.

***The first step is always
the hardest one!
This is YOUR year***



In Motion

Health – Wellness – Fitness
Pain Management | Rehabilitation | Injury Prevention