

Sale!

FOAM ROLLERS

20% off any size

Manage aches & pains at home!

Plan for Success in 2025

Work 1-on-1 with a Fitness

Specialist at In Motion

To achieve your fitness goals!

*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