



ATHLETIC PERFORMANCE PROGRAM

Designed to help you compete at your best!

WINTER/SPRING 2020 SCHEDULE

Tuesdays and Thursdays | 4:30-5:30pm

January 7 – January 30

February 4 – February 27

March 3 – March 26

March 31 – April 30 **No classes during Spring Break, April 6-10*

May 5 – May 28

\$69 per month or \$249 pass for all sessions.

Register at **imovedaily.com**
or call **616.847.1280.**

18000 Cove St | Suite 202 | Spring Lake, MI 49456

i'move

Physical Therapy
Athletic Performance
Wellness Solutions