

ULTRAHEALTH CIRCUIT CLASS

A sport specific strengthening class taught by physical therapist, athletic trainer, triathlete, Marty Mattox and her staff.

The class will be taught in a safe, progressive but effective manner that will assist you in optimum performance whether coming back from an injury or reaching your personal goal.

***Suitable for all levels**

MONDAY	1:00 PM	5:30 PM
WEDNESDAY	1:00 PM	5:30 PM
FRIDAY	1:00 PM	

\$45.00 / Month (\$40.00 / Month for patients)

**Includes complete gym use:
Monday – Friday 7:00 am – 7:00 pm**

COME JOIN US! GET FIT AND HAVE FUN TOO!

~First Class Attended Needs To Be Scheduled With Front Desk~

**Ultraheath Physical Therapy
220 Montgomery Street, Suite 110
San Francisco CA 94104
(415)986-4979 fax (415)986-6951
(Cross Streets Montgomery and Bush)**