

3:03



Book

< Basic Classes Workshops Appointment

LOWER BACK PAIN / STRENGTH & MOBIL... >

Joelle Beaudoin 12/13/21 - 12/13/21  
Mon 11:00 AM - 12:00 PM EST

FITNESS/ NUTRITION FUNDAMENTALS >

Tom Duggan 12/15/21 - 12/15/21  
Wed 11:00 AM - 12:00 PM EST

HIP & KNEE PAIN >

Joelle Beaudoin 1/11/22 - 1/11/22  
Tue 5:30 PM - 6:30 PM EST

FLEXIBILITY /MOBILITY CLINIC >

Joelle Beaudoin 1/18/22 - 1/18/22  
Tue 10:00 AM - 11:00 AM EST

FITNESS/ NUTRITION FUNDAMENTALS >

Tom Duggan 1/20/22 - 1/20/22  
Thu 6:00 PM - 7:00 PM EST

Finding Motivation & Inspiration >

Dr. Paul Winkler 1/27/22 - 1/27/22  
Thu 6:00 PM - 7:00 PM EST

FOOT & ANKLE CLINIC >

Joelle Beaudoin 2/2/22 - 2/2/22  
Wed 11:00 AM - 12:00 PM EST

CORE TRAINING BASICS >

Joelle Beaudoin 2/15/22 - 2/15/22  
Tue 5:15 PM - 6:15 PM EST



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Through  
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