
**Personal
Mobility
Sessions**

**MOBILITY
CLASS
(PILATES/
YOGA/
FLEXIBILITY
MIX)
SCHEDULE
TODAY!**



Staff and Locations

Alissa Martin,
Physical Therapist,
Certified Athletic
Trainer,
Co-Founder

**Chelsea
Mansfield:**
Personal Trainer, ACE
Orthopedic Exercise
Specialty, Fitness
nutrition specialist,
Dynamic exercise
instructor

Crystal River Location:
370 N Suncoast Blvd,
Crystal River, FL 34429

Citrus Hills Location:
2472 N Heritage Oaks
Path
Hernando, FL 34442

**Wil-Power
Wellness**

**Program
Offerings
and
Packages**



**Call 352-322-6093 for
more information and to
Schedule**

**For more information on The
Wil-Power Foundation, Inc. visit
www.wilpowerfoundation.org**

Adapted Physical Activity Package

Next step program from rehabilitation

Assistance to and from machines

Overseen by Physical Therapist



Specialized exercise 3 times per week/1 hour sessions

Small group specialized workouts

First month inclusions and requirements:

Intake and 1:1 session with Physical Therapist

Develop goals together and implement a plan

Weight Loss Package

6 week program

Designed exercise 3 times a week/1 hour sessions

2 sessions with Physical Therapist for pre and post measurements, vitals, medical history

6 sessions with Fitness nutrition Specialist

Small group sessions

PowerFit Classes

Come Join Us for a real fitness challenge. Try your first PowerFit class for free to see if this cross training type of workout is for you. Learn Power moves such as deadlifts, rope climbs, and Power Cleans. Classes last approximately one hour. Check out our website for the current class schedule.

