

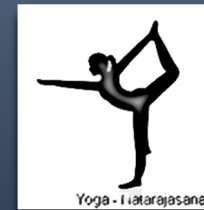
Wil-Power Wellness



GET BACK TO FUNCTION WITH APA NEXT STEP PROGRAM. IF YOU HAVE RECENTLY HAD AN INJURY, SURGERY, OR NEED RECONDITIONING, WE CAN PROVIDE THE MEDICAL GUIDANCE YOU NEED .

Have an assessment with a Physical Therapist to plan your path to health together.

PILATES, YOGA, AND POWERFIT OFFERED DAILY FOR 60 AND 90 MIN SESSIONS.



Yoga - Uttaraajanasana



Intake assessment with PT, followed by:

12 guided sessions

1 hour each with small group

Overseen by Physical Therapist

Monday, Wednesday, Friday 1-2pm

Call for pricing @ 904-718-9555 (Alissa)

Injury prevention in young athletes such as swimmer's shoulder, ACL tears, and more. Including educational classes and exercise regimen lead by Physical Therapist.

Date TBD



Personal Training sessions offered at \$50 per session (45-50 min) with a Physical Therapist