



Want to run faster and easier...

It's all about your butt

Summer Training Group

When: Wednesdays June 14th - July 5th 6-7pm

Cost: 4 sessions for \$100

Where: Evans Park (Cassidy Curve and 12th street - Adel, Iowa)

Who: All those interested in running ages 7 through adult

T-shirt included

To sign up:

Absolute Performance Therapy

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Email: alyssa@absoluteperformancetherapy.com

absoluteperformancetherapy.com

Everyone can get better....

From beginners to seasoned runners we can make running easier!

Alyssa Subbert, PT, CSCS, FAFS, MAPS is hosting an outdoor training group that is a combination of core, flexibility, cardio, and running specific strengthening.

Why do you need a strong butt?

- butt strength determines how fast you are
- butt strength determines stride length
- butt strength determines your power up a hill
- butt strength prevents knee/ankle/back injuries

Besides the great butt.....

you will run faster, feel better, have more energy, run with better form, breathe easier, and have more fun.

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