

GROUP FITNESS PROGRAM

15% Discount to all
Tuscaloosa City Employees!



MOTION THERAPY

TUSCALOOSA

EW GROUP FITNESS PROGRAM

Classes available Monday-Friday. Times may vary based on demand.

Classes involve a progression with components of:

Dynamic Warmup • Strength • Balance/Agility
Flexibility • Recovery

Duration: 1 Hour
Class Size: 2-8 People
Price: 2-4 People - **\$20/Person**
5-8 People - **\$15/Person**

**15% Discount to all
Tuscaloosa City Employees!**

401 22ND AVENUE // SUITE B
205.462.3097



ewmotiontherapy.com