

**June
23**



Pain Free Movement Seminar

Instructed by: Snow Baehr, CSCS

- 5 beginner & 5 intermediate client programming applications
- Proper plank form and progressions
- Helping clients reach new heights through innovative and individualized training
- Saturday June 23rd from 10:30 am - 12:30 pm
- \$25 - Must register prior to the 23rd



**Event coordinator:
Michelle Lane**

(626) 252 - 8205

**Summit Fitness
964 N Grand Ave
Covina, CA 91724**

www.summitfitness.net