



Life Beyond  
Barriers  
Rehab Group

521 E. Division NE  
Rockford, MI 49341

# PWR! Group Class

Weekly sessions  
Only \$25.00/month

4:00-5:00 PM  
Tuesdays

*First session begins November 10, 2020*

To reserve a spot, contact us  
616-866-6859





# What is PWR! Group Class?

- High Intensity Cardio Training
- PWR!Moves skills training program
- Interval Training (balance, strengthening and more)
- Directed by team of therapists in order to provide maximal therapeutic gains for all

Limited space available.  
Paperwork and payment due prior to beginning sessions.

To reserve a spot or find out more, contact us  
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