

"Training Like the Pro's" has continued throughout the summer since we introduced the class in May. We are now running our class on Monday and Wednesday nights at 6:30pm - 7:30pm. It has been fun teaching participants the same strength, power, agility, quickness and balance drills that professional athletes use in their daily routines. Participants have been coming to the class to learn new weight lifting techniques, improve their sports performance, or they just want a more intense workout than their current routine. We continue to look for new members to join our evening classes. If you are interested please e-mail me at jkernen@bridgetownpt.com

and we can get you started in August. The classes are only \$15/session or \$50 for 4 classes. I will be posting pictures soon on our Facebook page. We look forward to new members joining us in the next few months.

-Josh Kernen, PT, DPT, CSCS