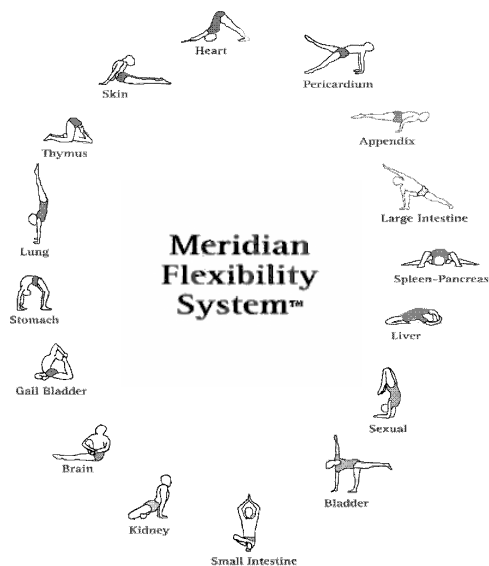


Resistance Stretch

Combining disciplines of Acupuncture
and Physical Therapy to provide
strength and flexibility.



Where:

Mountain View Physical Therapy
1262 Bergen Parkway, Suite E18
303-674-7889

Instructors:

Tracy Saraduke & Valerie Gluth

Bring:

A mat, wear comfortable exercise
clothes, bare feet

Cost:

10 Sessions \$100, Drop-In \$13

The Technique:

The Meridian Flexibility System®
is a resistance stretch and strength
training technique that offers immediate,
cumulative, and permanent increases in
flexibility, takes the pain out of
stretching, and protects you from
injuring yourself by overstretching.

Check out Resistance Stretch and
Strength Training in a fun and
motivating setting. It's a safe, intelligent
foundation for a fitness program or a
powerful complement to any exercise
routine or sport program.

Pull yourself together and get to class!

Tracy Saraduke, RN, M.Ac.
Licensed Acupuncturist
303-670-9181

Valerie Gluth, P.T.
Mountain View Physical Therapy
303-674-7889

Why:

- Gain stronger, more agile muscles.
- Increase athletic abilities and prevent injuries.
- Improve posture, muscle tone and body definition.
- Relieve muscle, joint and back pain.

When: Call for times and days.