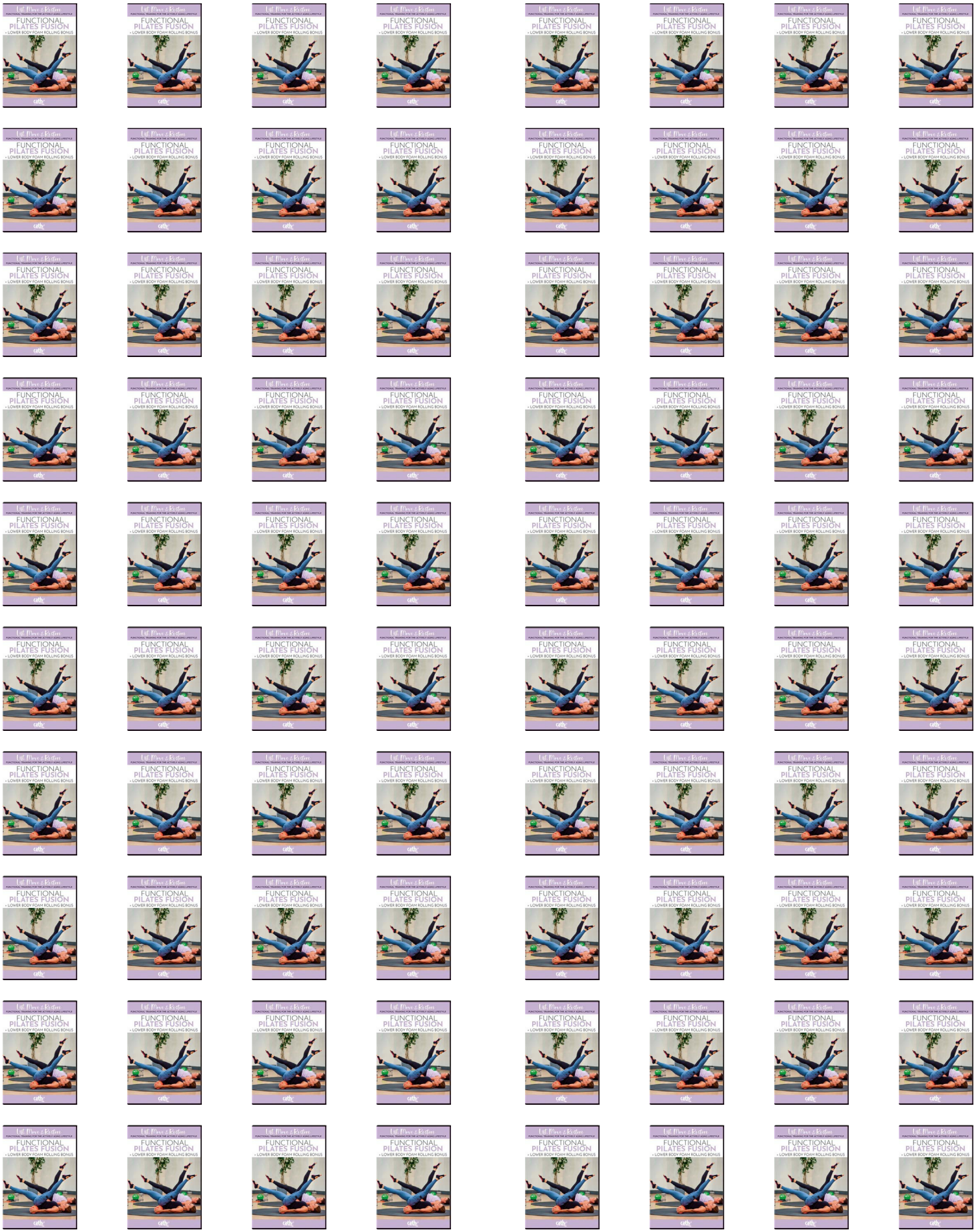
Lift, Move & Restore
FUNCTIONAL TRAINING FOR THE ACTIVELY AGING LIFESTYLE
FUNCTIONAL
PILATES FUSION
+ LOWER BODY FOAM ROLLING BONUS
cathe