



WITH  
FUNCTIONAL  
RESISTANCE  
STRETCHING  
CORDIE

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• PRICING - PAY UP FRONT - NO REFUNDS •

• \$20 PER CLASS •

• PACKAGE OF 10 CLASSES FOR DISCOUNT

7AM | MON & WED



# FUNCTIONAL RESISTANCE TRAINING

MUST REGISTER ONLINE [DrCordieWilliams.com](http://DrCordieWilliams.com)

## ENROLL NOW

- Pricing - pay up front - no refunds • \$20 per class • Package of 10 classes for discount • Bring your own hand towel and mat. Mats will be provided on a first come first serve basis. • • Health From Within address for location • Min. Class size 5 & Max. Class size 30 •