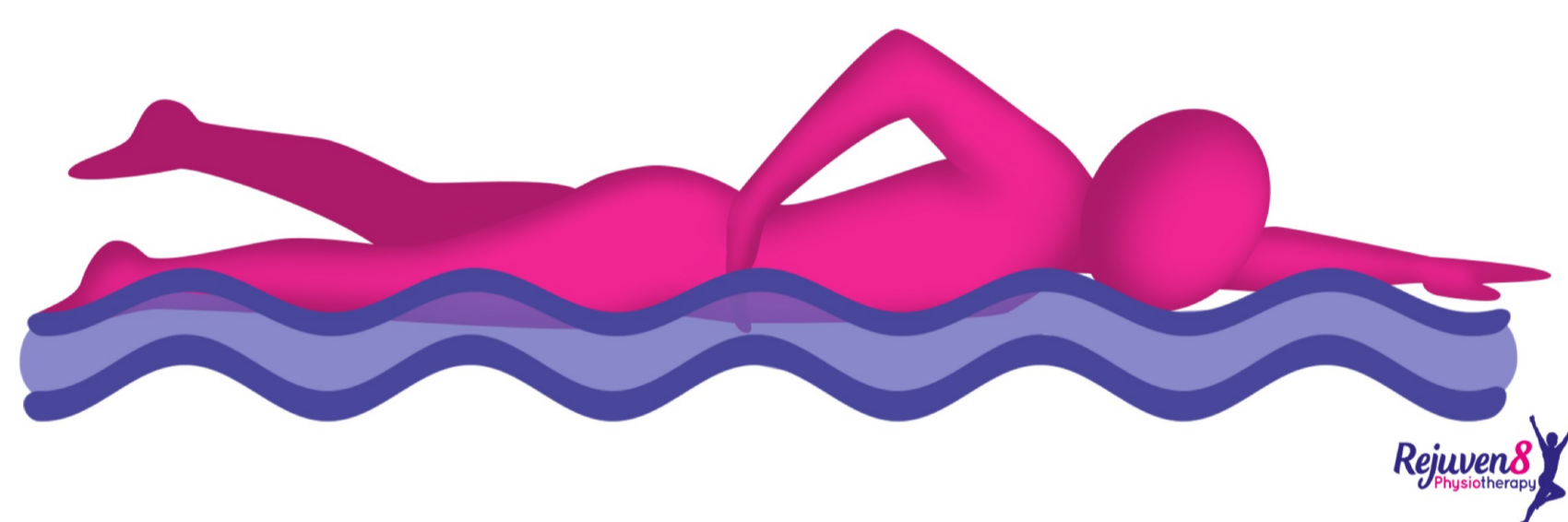


Rejuven8 Physiotherapy



**Swim Strong
Fantastic Fundamentals**

Physio Led Sessions



Why Rejuven8?

Our new Swim Strong 2 hours intensive class is designed to provide the tools to improve the shaping of key swim specific body tension positions, strengthen streamline & create a body connection all with the aim of enhancing performance in the water, using a variety of exercises.

Classes are run in a comfortable & relaxed environment in a purpose built facility. They are suitable for performance level swimmers who wish to build upon & optimise their skill level.

Make this swim season a strong one!

There's ample free parking & all equipment is provided.

**Now booking for
Sept 2019**

Date: Saturday 21st Sept

Time: 10:45am-12:45pm

Price: £30

**Suitable for:
Performance Swimmers**

**Class size: minimum 6
maximum 10**

**All participants awarded
a certificate of
attendance**

**For further information or
booking contact:
rejuven8physio@gmail.com**

Address: Rejuven8 Physiotherapy, 5th Street, Stoneleigh Park, Kenilworth, CV8 2LZ.

Find us on Waze