

GET BETTER, FASTER.

PRE-SURGICAL WORKOUT SERIES

Join us to experience the difference!

This **6-week intensive workout series**, led by a Physical Therapist, will set you up for success as you prepare for your upcoming total knee joint replacement by:

- **Strengthening** the muscles around your knee
- Improving your **flexibility** and **circulation**
- Increasing your **cardiovascular fitness**
- **Setting expectations** for surgery and recovery



LONE PEAK
PHYSICAL THERAPY

Dates: October 14th to November 25th

Time: Tuesdays, 2:20PM

Location: Lone Peak PT - Four Corners

Cost: \$100 (Includes 6-Class Pack & Open Gym Access)



SIGN UP NOW!



Questions?

Call or text us any time to speak to an expert today: (406) 585-9044

Lone Peak PT - Four Corners | 47 Pronghorn Trail, Bozeman MT 59718 | lonepeakpt.com