

Tired of the same old exercise program?  
**DO YOU NEED A CHALLENGE?**

**First  
Class  
is  
FREE!**



**TRX**

*Suspension Training*

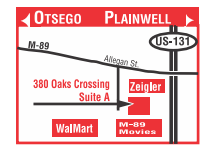
**Experience it here!**

A new category of exercise for all fitness levels that leverages one's own bodyweight and gravity using the TRX to develop strength, balance, flexibility and core stability simultaneously.

**TRX Classes NOW FORMING at Agility Health!**

Call for schedule and pricing. Evening and lunch time classes available.

**agilityhealth**® | PHYSICAL THERAPY  
380 Oaks Crossing, Suite A, Plainwell



**CLINIC HOURS:** Mon. - Thurs. 7:30am-6:15pm  
Friday 7:30am-4:30pm

*Call or visit us today for an appointment*

**(269) 685-9640**

[agilityhealth.com](http://agilityhealth.com)