



December Special Event

FIT@PRC

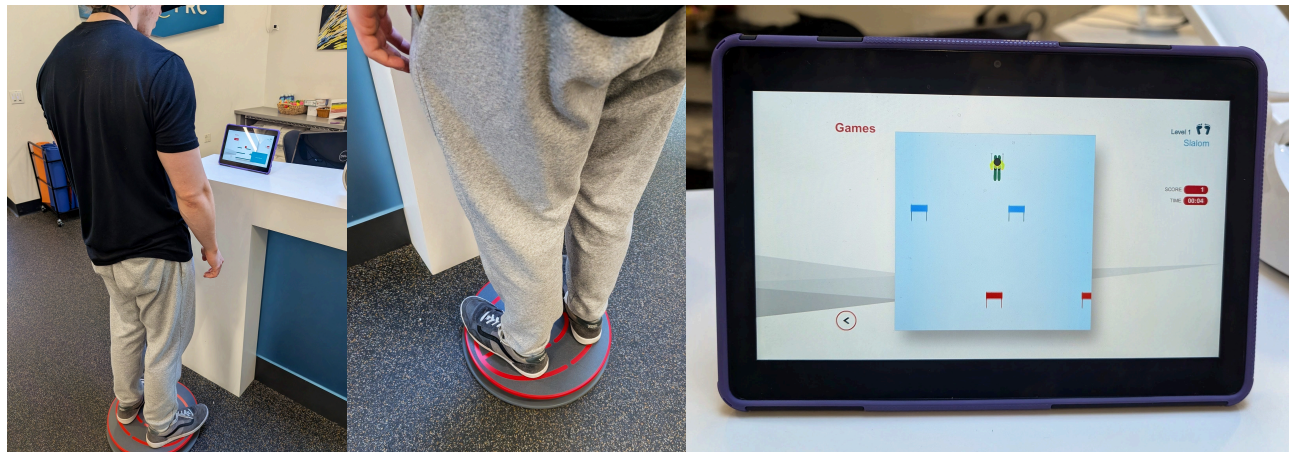
Test Your Balance!

SKI CHALLENGE 2.0

For the month of December we will have balance testing on the TOGU 2.0 Challenge Disc which a multi-axis balance training platform



This is a walk up event and will be held at the front desk of FIT@PRC all month long during open hours. See you there!



Balance is crucial in physical fitness as it improves coordination, posture, and athletic performance while reducing injury and fall risk. It is the foundation for all movements, from daily tasks like walking to complex athletic activities, and it strengthens core, leg, and abdominal muscles. Maintaining balance enhances an individual's overall quality of life.

F.I.T. @ PRC

GET FIT AT WORK!