

WHAT IS CORRECTIVE EXERCISE?

Corrective exercise is a method of training to improve a client's performance, mobility, muscular endurance, and muscular balance and to help alleviate pain.

Specialists in corrective exercise keenly watch and pay close attention to movement patterns. They identify dysfunctions and work with the client to correct them. The exercise program typically includes strength training and functional exercise. Form, balance, and posture are emphasized. Corrective exercises can be used to help athletes —endurance runners, cyclists, and extreme fitness competitors—as well as everyday athletes and weekend warriors.

All fitness levels can benefit from a certified personal trainer with the knowledge to help work through and beyond those aches and pains, plus expert guidance to improve their physical fitness.



Melissa Brown

ISSA Certified Personal Trainer
ISSA Certified sports Nutrition
ISSA Certified Exercise Specialist
ISSA Certified Youth Fitness
ISSA Certified Elite Trainer

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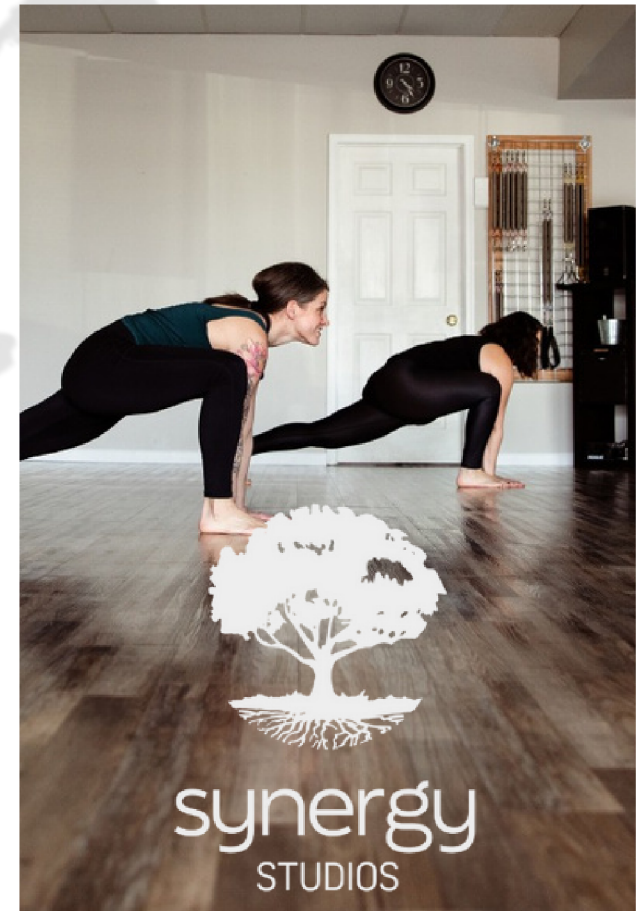
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CORRECTIVE EXERCISE

Screening & Analysis
Personal Training
Group Sessions

HIBBING, MINNESOTA



SYNERGY STUDIOS CLASSES

- Silver Strength (65+)
- TRX® FUSION
- Strong Nation®
- Barre
- Mixed Apparatus
- Zumba®
- Yoga
- Dad Bod Squad
- Mom Bod Squad
- SHINE™ Bright With Heather

CORRECTIVE EXERCISE BENEFITS

- Correct muscular imbalance
- Complete post-rehab injury recovery
- Boost sports performance
- Reduce joint pain
- Improve posture
- Enjoy physical fitness

A well-designed fitness program prevents many of the issues commonly seen in weekend warriors and novice exercisers. With corrective exercise, we'll help you get to a pain-free state as well as detect and correct any chronic movement issues.



GROUP TRAINING

Drop in/\$10
5 pkg/\$40
10 pkg/\$80
Unlimited/\$75 mo.

SELF-CARE
is the greatest
form of **LOVE**



WHAT DOES A CORRECTIVE EXERCISE SPECIALIST DO?

A CES certified personal trainer knows to create periodized programs that include all aspects of fitness:

- Analyze the client's current health and past medical history to assess their risk during exercise.
- Perform fitness assessments and analyze the data.
- Identify movement dysfunctions.
- Develop corrective exercise strategies unique to each client to correct movement dysfunctions, reduce pain, and improve performance.
- Monitor performance, cue movement patterns, encourage, and motivate the client.

PRICING

60 min Functional Movement
Screening & Analysis \$125 (first visit)

PERSONAL TRAINING

30 min/\$30 | 55 min/\$60

PACKAGES

12 WK/30 MIN SESSIONS

24 sessions/\$600 | 36 sessions/\$900
48 sessions/\$1200

12 WK/60 MIN SESSIONS

24 sessions/\$1200 | 36 sessions/\$1800
48 sessions/\$2400