

Legends Golf & CC Fitness Center

POST-REHAB TRAINING

Your Comeback Starts Here!

Our services bridge the gap between clinical physical therapy and regular fitness. We help clients safely rebuild strength, improve mobility, restore balance, and regain exercise confidence after being discharged from medical care.

BENEFITS:

- Gradual progression
- Targeted strengthening
- Movement education
- Customized programming



CALL B POWERFUL TODAY 941-504-4767



FOR MORE INFORMATION ABOUT
B POWERFUL FITNESS CENTER
POST-REHAB, 1X1 SERVICES,
EVENTS, & STAFF BIOS SCAN QR
CODE WITH CELLPHONE



B Powerful

Helping you achieve your best!