

ULTRAHEALTH CIRCUIT CLASS

A sport specific strengthening class taught by physical therapist, athletic trainer, triathlete, Marty Mattox and her staff.

The class will be taught in a safe, progressive but effective manner that will assist you in optimum performance whether coming back from an injury or reaching your personal goal.
Suitable for all levels

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|------------------|----------------|----------------|
| MONDAY | 1:00 PM | 5:30 PM |
| WEDNESDAY | 1:00 PM | 5:30 PM |
| FRIDAY | 1:00 PM | |

\$45.00 / Month

Includes complete gym use:

Monday - Thursday 7:00 am - 7:00 pm
Friday 7:00 am - 6:00 pm

COME JOIN US! GET FIT AND HAVE FUN TOO!

Ultraheath Physical Therapy
220 Montgomery Street, Suite 110
San Francisco CA 94104
(415)986-4979 fax (415)986-6951
(Downtown between Montgomery and Sansome)