

**NOW AVAILABLE**

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[WWW.MI3DPT.COM](http://WWW.MI3DPT.COM)

# 3D FIT

CLASSES DESIGNED BY **3DPT**

## EXERCISE & WELLNESS CLASS OFFERINGS

All of our classes are designed, modified and progressed under the direction of our physical therapists and athletic trainer who have earned their Fellow of Applied Functional Science (FAFS) from 3D PT's Director of Program Development and Education, Dr. Gary Gray.

### **STRETCH & BREATHE:**

This 50-minute class is a pre-yoga offering designed for those who would like to increase flexibility and motion, improve posture, and learn relaxation and breathing techniques for stress management and for improved overall health.

### **BALANCE, BALANCE, BALANCE:**

Not as steady on your feet as you would like? Regain your balance with this 45-50 minute class designed by our physical therapists and athletic trainer to improve stability and increase confidence with everyday activities—including changes of direction. The class also includes opportunities to learn safer fall and recovery strategies.

### **CIRCUIT TRAINING:**

This is a higher level course offering for those 55 and older. This 50-minute class offers high-intensity interval training as well as forced high-intensity training all set to upbeat, fun music. Designed and progressed under the direction of physical therapists and athletic trainer, this class will keep you moving! Come and challenge yourself while gaining endurance, strength, and overall health!

### **TECUMSEH CLINIC**

Monday - Wednesday - Friday  
Combined Class  
9:00-9:50am

Stretch and Breathe Class  
10:00-10:50am

### **BROOKDALE CLINIC**

Monday - Wednesday  
Balance, Balance, Balance  
1:30 - 2:15pm

Stretch and Breathe  
2:15 - 3:00pm

**TECUMSEH CLINIC**  
(INSIDE THE BUSCH'S PLAZA)  
1434 W. CHICAGO BLVD.  
TECUMSEH, MI 49286  
P:(517) 424-8100

**ADRIAN CLINIC**  
(INSIDE BROOKDALE SENIOR LIVING)  
1200 CORPORATE DR  
ADRIAN, MI 49221  
P:(517) 264-2790