

# INFRASTRUCTURED

Making your life your workout

## FALL PERSONAL TRAINING

### EXERCISE: TRX Plank



### EXERCISE DONE RIGHT:

- 1 Stretch Strap
- 1 Body Grid
- 640 Stable Tools

## STABILITY TRAINING

1 - 4 students per Team

Are your Balance exercises creating stability, or are they simply training you to pass a Sobriety Test?

Infrastructured Institute is now offering Advanced Personal Training to keep you off your nerves.

## LABOR IS BACK!

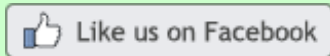
Infrastructured takes the Labor out of scheduling!

Contact us with your top two time/date preferences and we will create your Training Team for you!

**TUESDAY: 12:00 ~ 5:30PM**  
**WEDNESDAY: 12:00 ~ 7:00PM**  
**FRIDAY: 11:00 ~ 3:00PM**

Complement your private Monthly Physical Reconstruction sessions with Weekly Personal Training Habits.

**Share the experience as well  
as the cost!**



**Become a Shape-Shifter like us this year!**

**Spiral away the day with your healing ways!**

~ Love, Michele

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