

# INFRASTRUCTURED

Making your life your workout

## TEAM PERSONAL TRAINING

### EXERCISE: TRX Plank



### EXERCISE DONE RIGHT:

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

## STABILITY TRAINING

### Train Alone, or as a 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 own nerves and prevent Repetitive Stress Injuries!

Neurobiomechanical Personal Trainings are \$200/hour.

## COME BLOW YOUR 6-PACK WHISTLES!

We enjoyed demonstrating to your group how to get FIT simply as you SIT & STAND!

**Now...contact us with your team's time/date request OR your personal date/time preference and we will create your Training Team for you!**

**MONDAY: 3:00pm ~ 7:00pm**

**WEDNESDAY: 11:00am ~ 2:00pm**

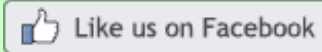
**Other Times available upon request!**

Complement your private

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

2 team players = **\$100/each**

4 team players = **\$50/each**



Monthly Physical Reconstruction sessions  
with Weekly Personal Training Habits.

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

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

~ Love, Michele

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