

GET YOUR BACK INTO IT!!!



YOUR BACK IS IMPORTANT! SEPTEMBER 2010 • IC HEALTH CLUB

POSTURE SCREENING & CORE/POSTURE PROGRAM

This program includes a Posture Screenings to see how you can improve your Posture and Core strength. We will then take you through a 4 week Posture/Core program to help improve your specific needs. Book your personalised screening and program show through today with reception

\$30 (INCLUDES
POSTURE SCREENING PROGRAM
AND SHOW THROUGH)