



*Pediatric Behavioral, Occupational, Physical, Speech,  
& Educational Therapy, and Evaluations*

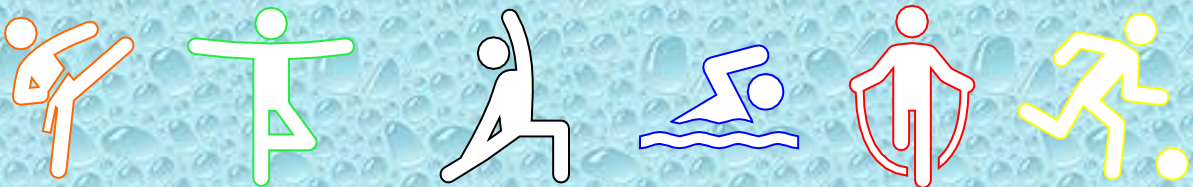
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# Fitness Express

*Feeling sluggish and stiff during the quarantine?*

*Need to improve your endurance for outdoor summer activities?*

*Want to get stronger for fall sports?*



**Then join us for a quick burst of exercise every Monday at 12:30 pm via ZOOM. Class will be held June 1-July 1, 2020.**

This is a **FREE** virtual, group exercise class, for children 6<sup>th</sup> grade through high school, and will include a combination of cardio, strengthening, and stretching taught by our physical therapy staff.

To sign up and/or for questions, email us at [roxanna.ramirez@cornerstonetherapies.net](mailto:roxanna.ramirez@cornerstonetherapies.net)

\*\*\*For increased motivation and support, each child can choose how visible they want to be to other participants during the zoom class...because sometimes exercising alone is not fun.\*\*\*