

Physical Therapy 180 Class Schedule Boise office –January 2018



physical therapy 180°
5909 W. State St.
Boise, ID 83703
208-343-7700
fax: 208-331-2591

Senior Exercise classes: Monday and Wednesday @ 11 am –11:45 am; Fit and Fall Proof Class for Over 55 y/o.
Free. Instructor: Paula Kosberg, DPT

Weekly Exercise class: Monday at noon: 12-1 pm

Personal Core/Movement Training: Instructor: Matthew Nelson, PhD; Prices \$15. Call to register

Weekly Exercise class: Thursdays 5-6 pm

Posture, Balance and Alignment Training: Instructor: Callie Ritter, C-PT, E-RYT500 Price \$15. Call to register

Weekly Gentle Yoga classes: Saturdays 9:30-10:30 am. Instructor: Jill Boyer, E-RYT500 \$10 per class- call to register

Wednesday, January 3 – Intro to Core Class: 2:15-3:15 pm, Instructor: Heather Lowe, DPT, SCS -\$20

Tuesday, January 9 - Posture Class: 4:30 – 6pm Instructor: Paula Kosberg, PT -\$28

Friday, February 2– Feldenkrais/Awareness Through Movement Class –2:00 - 3:15 pm; \$28

ATM is designed create awareness allowing you to move more freely and to stand more comfortably. Ruth Hurst, PT

All Classes require pre registration due to limited space- Max students: 4-8 depending on class

All Classes are hosted at the State St office