

PT 180's classes –

Boise PT 180 Office Community Education:

January 22 Why your Lymphatic Matters, Instructor: Glenda Bell 6:30-8:00 pm
January 24 - Exercise Ball class: Paula Kosberg, DPT 6:30 - 7:30 pm bring ball -Max 6-8
January 25- Balance, Posture and Alignment - Instructor: Callie Ritter Thursday, 6:30 pm
January 29 - Heal your Low Back Pain Instructor- Heather Lowe, DPT 7:00 - 8:00 pm
Feb 1 Acupressure Common Problems- Betsy Wiss, LAC 6:30 0 8:00
Feb 5 Natural Support for Diabetes Sara Rodgers, ND 6:30 -8
Feb 6 Foam Roller Class 6:30-8; Lisa Kolesar, DPT-bring roller or purchase @ PT 180
Feb 8 Pain Relief with Pilates- Matthew Nelson, LMT 6:30 -8
Feb 12 Addressing Shoulder Pain, Jill Thompson, PT 6:30 -8
Feb 23 Essential Oils Jessica Thomas, 6:30 -8:00
March 6 Improve your Posture: Amica Vogler, DPT- 6:30 -8
March 14 Addressing Knee Pain: Cartilage Tears: Jennifer Thomsen, DPT 6:30 -8
March 15 Pelvic Floor and Core: Be strong inside and out. Julie Dunn, DPT - 6:30 -8

Meridian Office Community Education:

Tuesday, January 23- Personal Training A La Carte, Instructor: Larry Harris 5:00 – 6:00 pm

(Thu), March 15, 2018 PERSONAL TRAINING Á LA CARTE (18W-FIT-052)
Instructor(s) Larry Harris Time: Th from 6:30 PM to 7:30 PM

Learn the fundamental concepts of an effective core fitness regimen as it relates to everyday movement and/or a lack thereof.