

Physical Therapy 180 Class Schedule –July 2017



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 & Jennifer Thomsen, SDPT

Weekly Exercise classes: Monday at noon- limit 4 people
Personal Strength/ Training: Prices \$15. Instructor: Matthew Nelson, PhD

Weekly Yoga classes: Saturdays 9:00 am. Instructor: Jill Boyer, E-RYT500 \$10 per class- call to register

Tuesday, July 25 – Posture and Pain-free Movement Class = 4:30 pm- 6:00 pm; \$28
Instructor: Paula Kosberg, DPT

Wednesday, July 26 – Intro to Core Class –2:30 - 3:45 PM
Instructor: Heather Lowe, DPT; \$20

Self Hypnosis @ PT180 on Sundays in Boise– Sharon Svenson, hypnotist/instructor

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