

Don't *just* survive ...

THRIVE!

Athletes Edge Training Clinics



Cycle Fit

Bring in your bike for a 1 hour analysis of posture, biomechanics on and off your bike. Learn what you're missing to customize fit the bike to your body, ride longer and increase your pedal stroke power.



Running Analysis

Our experts will assess your posture, biomechanics, and performance and analysis of your running style. You will learn how to improve your performance and prevent injury whether you are a beginner or elite runner.

WHEN & WHERE: March 16
Physical Therapy & Athletic Training Center

March 23
Liberty Lake Physical Therapy

April 6
Evergreen Physical Therapy

WHAT TIME: 6:00 to 8:00 PM

COST: \$50 for CycleFit
\$50 for Running Analysis

Sign Up Today

Space is Limited! Call today to ensure your spot.

Find Your Edge

Performance enhancement for runners, cyclists, and swimmers.

Discover the missing link preventing you from training harder, running faster, and cycling farther.

EVERGREEN PHYSICAL THERAPY

Jeff Bresnahan PT, DPT, Director
1005 N Evergreen Rd, Ste 010
Spokane Valley, WA 99216

509-926-5367

LIBERTY LAKE PHYSICAL THERAPY

Steve Allen PT, OCS, FAAOMPT, Director
23505 E Appleway Dr, Ste 106
Liberty Lake, WA 99019

509-891-2258

PHYSICAL THERAPY & ATHLETIC TRAINING CENTER

Dave Andrews
PT, OCS, SCS, MTC, ATC, LAT, CSCS, Director

925 E Polston Ave, Ste B
Post Falls, ID 83854

208-777-8273