

Stiff to Strong

Strength & Mobility Training for Adults 55+

- ✓ Improve strength & stability
- ✓ Build confidence in daily movement
- ✓ Reduce stiffness & joint pain
- ✓ Scaleable to all fitness levels
- ✓ 1st class free!



David McRae
Strength Coach

Tuesdays & Thursdays @9:30am
818 S Hayne st. Monroe

Text/email David for more info
David@mcrhaesc.com - (704)562-4915