

January Promotion

To all the valued members of our Mind to Muscle community,

Bring a friend to your Fit group class

(To ensure class space available –call and book friend in on specific day of your choice)

OR

Sign up a friend for a custom session™

OR

Sign up a friend for an FMS Assessment

AND

Receive a Dr. Cool Knee Wrap
(value of \$29.99 +HST) absolutely **FREE!**

