

FIT TREK



The Mountain River Physical Therapy Athletic Performance Fit Trek Program provides a comprehensive training opportunity. This ongoing program, in a boot camp atmosphere, is offered 3 days per week (Monday/Wednesday/Friday) from 8:45am—10am. Each session will differ while providing cardiovascular conditioning, resistance training, agility & stability training, flexibility, & body mass management.

Be prepared to participate in high energy sessions incorporating:

- Bosu & Stability Balls
- Resistance Bands
- TRX System
- Dynamic Movement Patterns
- Weight Training Equipment
- Multi Surface Activities



**Located
at the
Elite Sports Center**

Mountain River Physical Therapy Athletic Performance Staff

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