



Lake Country  
Physical Therapy & Sports Care, PC

# GET FIT TO SKI



**Tuesday 6 PM Until 6:45 PM**

**October 27 - December 22, 2015**

Avid Alpine and Nordic skier, snowshoe enthusiast, Zoe Fackelman, PT will lead the group and provide 1:1 instruction on safe exercise to prepare for winter sports and to prevent injuries.

Limited to 20 Participants

Wear Exercise Clothing and Shoes

Bring Water, Towels Are Provided

\$20.00 Per Session, Attend All Dates Or When You Can

Call to reserve your spot!!

Zoe Fackelman, PT

(585) 396-1400

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