



TRIGGERPOINT
PERFORMANCE THERAPY

Therapy you can understand!
Treat the problem not the symptom!

Trigger Point Performance Therapy Classes at Gallagher Fitness Resources

Tight leg and hip muscles contribute to knee and foot pain. Learn which muscles are tight and how to release them for decreased pain and better performance. Conditions addressed include: ***IT Band Syndrome, Plantar Fasciitis, Shin Splints, Piriformis Syndrome*** and more. Learn to take care of yourself by creating elasticity in the muscles and treating the cause of a problem, rather than just the symptoms. Minimize the aches and pains that steer you off the path toward your goals.

Schedule: 6:15-7:30pm

Monday, August 15 (August 12 Registration Deadline)

Monday, September 19 (September 16 Registration Deadline)

Monday, October 17 (October 14 Registration Deadline)

Monday, November 21 (November 18 Registration Deadline)

Class Size: limited to 12 (We may reschedule if less than 6 signed up by the registration deadline)

Cost: \$30.00 if you use your own trigger point tools; \$40 to **Try B4U Buy** (details below)

Register: Sign-up In-Store or reserve your spot by phone with credit card payment

Tools: when registering, specify if you have your own tools or wish to Try B4U Buy

Location: Gallagher Fitness Resources, 135 Commercial St NE – Downtown Salem

Details: If you have them, bring your Trigger Point tools and an exercise mat. Arrive by 6pm to check in. If you wish to purchase a Trigger Point kit prior to class, please arrive before 6pm. The class is hands-on and all trigger point tools will be used.

Try B4U Buy: Sample kits are available for class use if you wish to **Try B4U Buy**. After class, if you purchase a *Total Body Kit*, \$149.95, or a *Hip Performance Kit*, \$159.95, receive \$10 off your purchase.

By Appointment: If Monday night class does not work, one on one, individual Trigger Point sessions are available for \$55. Call for an appointment.

Questions: 503-364-4198 or [email Susan@ActiveSalem.com](mailto:Susan@ActiveSalem.com)

We believe you can accomplish things you never thought possible. While participating in your favorite activities, aches and pains sometimes occur. Whether you're a beginner or a veteran it's not always easy to know when to push through the discomfort and when to back off. Each time you return from a set-back, whether short-term or extended, you learn something new and gain more knowledge in how to deal with it. We believe this learning process, this "education" is vital to personal improvement.

Trigger Point tools range in price from \$24.99 for the TP Ball to \$159.99 for the Hip Performance Kit. To have all tools used in the class, we recommend the Total Body Kit or the Hip Performance Kit. Depending on the kit you select, DVD's and the Guidebook may be extra.

[TP Therapy Link](http://www.tptherapy.com) www.tptherapy.com

