



**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 generally 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 and prepare for your favorite activities more effectively.

**Schedule: 6:15-7:30pm**

**Monday, July 19 (July 16 Registration Deadline)**

**Monday, August 16 (Aug 13 Registration Deadline)**

**Monday, September 20 (Sep 17 Registration Deadline)**

**Class Size:** limited to 12

**Cost:** \$25.00 if you use your own trigger point tools; \$35 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:** Bring your Trigger Point tools and, if you have one, an exercise mat. Arrive by 6pm to check in. If you don't have Trigger Point tools and wish to purchase them prior to the class, please arrive before 6pm. This is a hands-on class so trigger point tools are required.

**Try B4U Buy:** Sample sets 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 kits range in price from under \$100 to \$180. 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 Guidebooks may be extra.

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

