

NETWORKFITNESS.COM

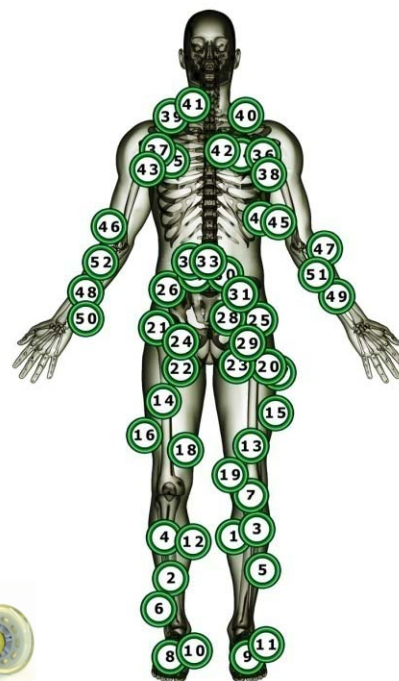


Bringing it all Together™

SELF-MYOFASCIAL RELEASE ■ FUNCTIONAL MOVEMENT ■ PRODUCTS & EDUCATION

The Myofunction Clinic (Coaches)

This 2-day class includes the 3 primary and all 52 specific regions that affect proper functional movement. Assessments and self-myofascial release exercises are taught on day 1 and special attention is given to the proper location, amount of pressure, and length of time devoted to addressing dysfunctional movement patterns. Instructions are reinforced on day 2 along with coaching cues to ensure proper client execution.



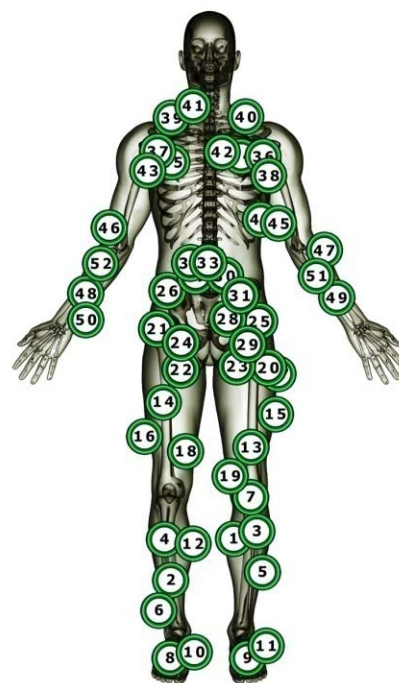
Payment includes a complete kit with 2 balls and text for course.

Reservation Deposit = \$500
Minimum Class Fee = \$3750
(up to 10 participants)
Additional participants = \$375 each



The Myofunction Clinic (Athletes)

This all-day class includes the 3 primary and all 52 specific regions that affect proper functional movement. Assessments and self-myofascial release exercises are taught and special attention is given to the proper location, amount of pressure, and length of time devoted to addressing dysfunctional movement patterns.



Payment includes a total kit with 1 ball and text for course.

Reservation Deposit = \$350
Minimum Class Fee = \$2750
(up to 10 participants)
Additional participants = \$275 each



call or e-mail:

Jeff Alexander

949-375-3141

fitcajun@networkfitness.com

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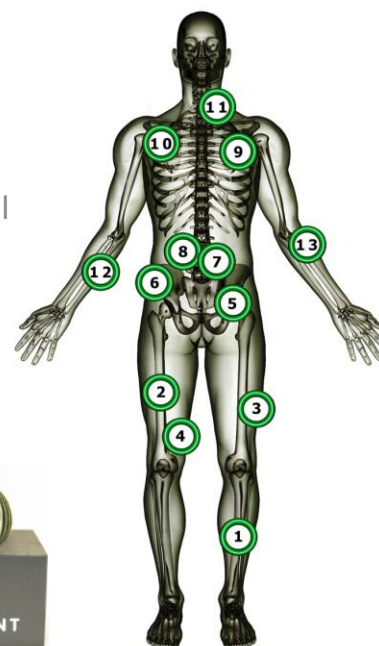
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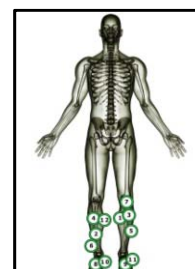
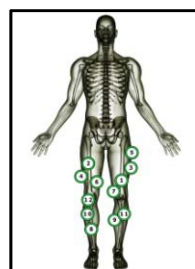
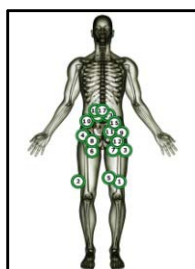
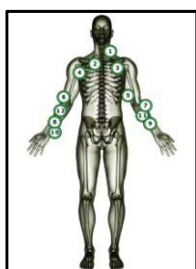
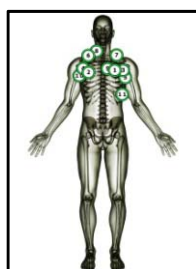
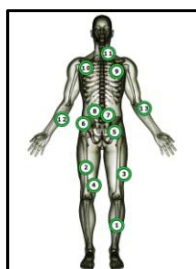
The Myofunction Mini-Clinic (4 hours-local)

This half-day class includes the 13 regions of the introductory workshop and from 11 to 17 regions of the specialty workshops. Pick from the shoulder, elbow & wrist, hip & lower back, knee, or lower leg & ankle specialty classes. Assessments and self-myofascial release exercises are taught and special attention is given to the proper location, amount of pressure, and length of time devoted to addressing dysfunctional movement patterns.

Payment includes a starter kit with 1 ball and printed handout for class.



Reservation Deposit = \$200
Minimum Class Fee = \$1000
(up to 10 participants)
Additional participants = \$100 each



The Myofunction Class (2 hours-local)

This 2-hour class includes from 11 to 17 of the 52 specific regions that affect proper functional movement of a specific area of the body. Pick from the whole-body overview, shoulder, elbow & wrist, hip & lower back, knee, or lower leg & ankle specialty classes. Assessments and self-myofascial release exercises are taught and special attention is given to the proper location, amount of pressure, and length of time devoted to addressing dysfunctional movement patterns.

Payment includes a massage ball and printed handout for class.



Reservation Deposit = \$100
Minimum Class Fee = \$500
(up to 10 participants)
Additional participants = \$50 each

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