



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, February 20 (Feb 17 Registration Deadline)

Monday, March 19 (Mar 16 Registration Deadline)

Monday, April 16 (Apr 13 Registration Deadline)

Monday, May 21 (May 18 Registration Deadline)

Class Size: limited to 12

Cost: \$20.00

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

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

Details: Trigger Point tools and mats are available for class use. However, if you have your own set, 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.

By Appointment: If Monday night class does not work, one on one, individual Trigger Point sessions are available for \$45. Please call or e-mail Susan to schedule 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 Kits and Costs: http://www.activesalem.com/training/trigger_point.php

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

