



TRIGGERPOINT
PERFORMANCE THERAPY

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

Trigger Point Classes at Gallagher Fitness Resources

Gain a better appreciation of which muscles are tight and how to release them. IT Band Syndrome, Plantar Fasciitis, Shin Splints, Piriformis Syndrome and other common conditions are reviewed. Learn to take care of yourself by creating elasticity in the muscles and treating the cause of a problem, not just the symptoms. Minimize the aches, pains and conditions that steer you off the path toward your goals, and perform at a higher level.

Schedule: 6:15-7:30pm January 18, February 15, March 15, April 19

Class Size: limited to 10

Cost: \$25.00

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

Details: Bring your Trigger Point tools and, if you have one, an exercise mat. Please arrive by 6pm to check in. If you don't have Trigger Point products and wish to purchase them prior to the class, please arrive before 6pm. **Please note: Since this is a hands-on class, trigger point tools are required.**

By Appointment: If Monday night class does not work, one on one, individual Trigger Point sessions are available for \$40. 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.

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

<http://www.tptherapy.com/>

