



PERSONAL FITNESS WITH KRISTY

**Kristy will design a program for your child's individual needs.
She uses music and games to keep fitness **FUN**!**

Potential Focus Areas:

Core Strength

Balance

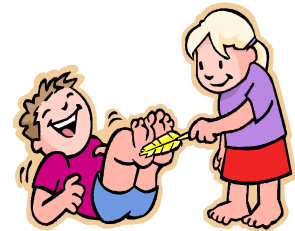
Flexibility

Upper Body Strength

Lower Body Strength

Endurance

Proprioception



Kristy has a degree in Exercise Science/Health Promotion. Her experiences include teaching college nursing courses, working with children/teens who have Down Syndrome, and working with the younger children who have a variety of special needs. Sign language can be incorporated into sessions to develop non-verbal communication.

Kristy's enthusiasm and energy will help your child develop strength and endurance in a **FUN** way! Flexible appointments before 4pm weekdays and during school breaks.
Call 232-LEAP or email: ruth@leapbeyondtherapy.com to schedule.

1 Hour Session: \$70.00

Package of 10 Sessions: \$600.00

Leap Beyond Therapy
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