

# ESSEINTRICS®

• MOBILITY • STRENGTH • FLEXIBILITY • RANGE OF MOTION •



## SPRING SESSION

**\$120 FOR 6  
WEEKS**

TUESDAYS AT 6:30PM

COMPLEX SPORTIF SAINT RAPHAEL, ILE BIZARD  
FROM MARCH 31ST TO MAY 5TH

FOR INFORMATION AND REGISTRATION PLEASE EMAIL ME AT:

[LINDA.ESSINTRICS@GMAIL.COM](mailto:LINDA.ESSINTRICS@GMAIL.COM)

