Join us for a challenging and comprehensive circuit workout to prepare you for the 2014-15 Winter Season! Reduce your risk of injuries and make this your best season yet! Space is limited. Drop-ins welcome pending space.

**Date and Time:** Thursdays, 5:30-6:30pm on 1/15, 1/22, 1/29, 2/5, 2/12

**Location:** UCSF Physical Therapy Health & Wellness Center
Bakar Fitness & Recreation Center
1675 Owens Street
San Francisco, CA 94158

**Requirements:** This is an intermediate to advanced level class. Participants should be able to perform squatting, jumping, and agility tasks without discomfort and should have no cardiovascular restrictions that would limit exercise. Participation may be subject to screening by a physical therapist.

**Cost:** 5 sessions/$75 or $20 per session; $15 per session for students

**Instructor:** Erin Green, PT, DPT is a licensed physical therapist and mountain enthusiast.

Contact us to reserve your spot today!

wellness@ptrehab.ucsf.edu or (415) 514-4816