



APRIL 6TH 12PM

COLD THERAPY SEMINAR



Join our Personal Trainer, Lucas Graham, as he guides you through the art of cold therapy. Explore the numerous benefits of cold submersion therapy and take advantage of the opportunity to experience the invigorating sensation of a cold plunge first-hand! (Cold plunge is optional)



COST: \$10 • SIGN UP REQUIRED

SPORTS PERFORMANCE CENTER

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