

OVERHEAD MOBILITY WORKSHOP



GAIN EXPERT
KNOWLEDGE AND
TOOLS ON HOW TO
MAINTAIN TO
MOBILITY WHILE
CONTINUING TO
WORKOUT.

DATE: March 6, 2020

TIME: 11 am

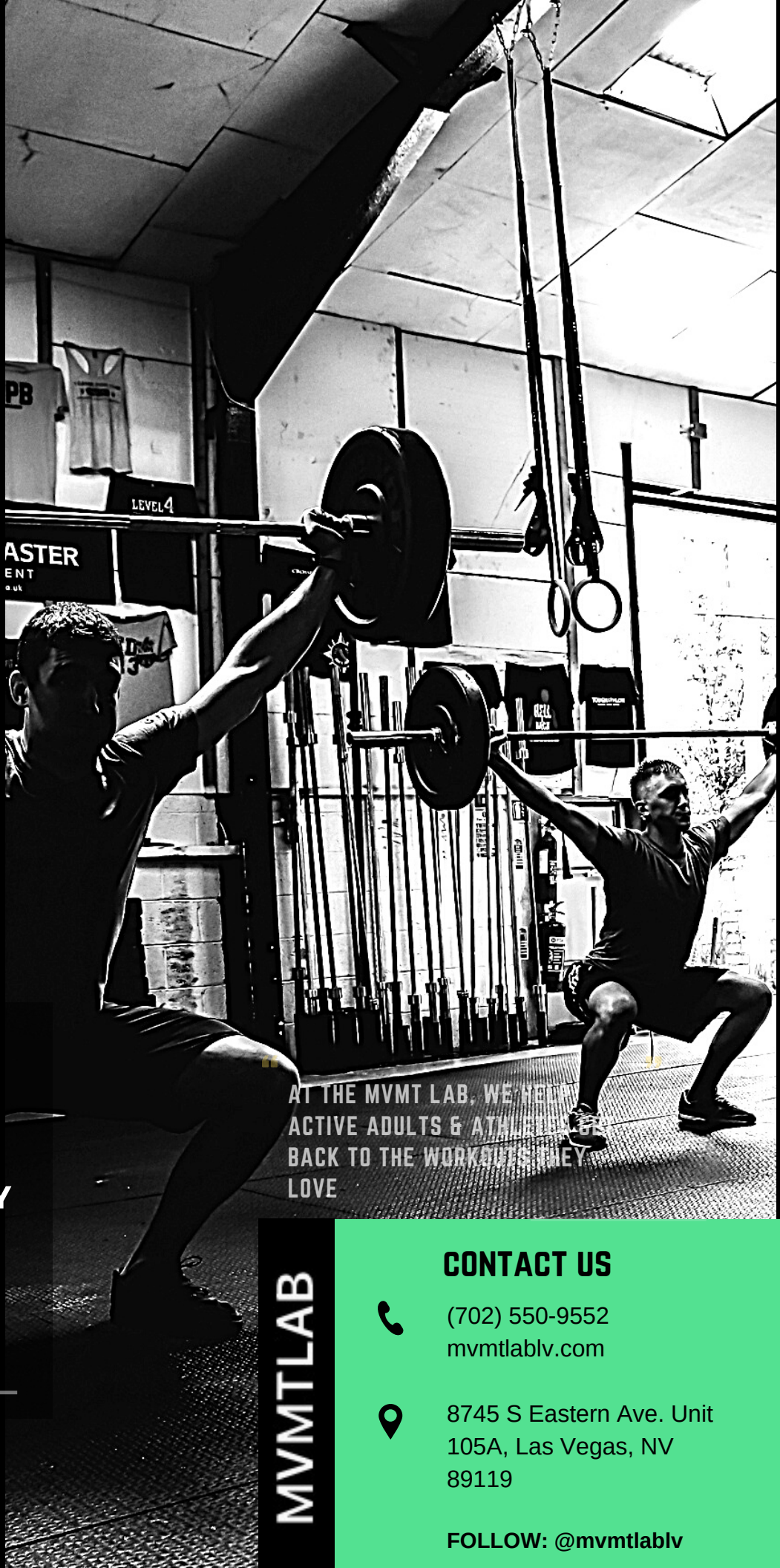
WORKSHOP HOSTED BY

MVMTLAB

PRESENTATION BY

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AT THE MVMT LAB, WE HELP
ACTIVE ADULTS & ATHLETES GET
BACK TO THE WORKOUTS THEY
LOVE

MVMTLAB

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