

Greater Than Performance and Rehab is a comprehensive wellness center in Dallas, Texas, comprised of the top trainers, therapists, and fitness instructors in the area. Our team of specialists integrate traditional and unconventional methods with a variety of modalities to help individuals and athletes of all ages recover from injury, treat chronic pain, and achieve their health and fitness goals. All services at GTPR are available to members and non-members, stop by or contact us today for rates and booking!

Greater Than Performance and Rehab offers a combination of services and high-quality practitioners to bring you the best in personal training, massage therapy, chiropractic care, therapeutic training, physical therapy, and more. We treat the entire person in order to help them build a solid foundation for a healthy life.

- **There will be 2 groups of 10 people**
- Group 1 will be with up to two practitioners for 15 minutes each while Group 2 will be doing a 30min 'Booty Camp' class. (Legs, glutes, and core!)
- Then the groups will switch, and Group 1 will do a 30min Kettlebell Circuit Training Class while Group 2 rotates through the practitioners. (Both classes are for all levels!)
- Click **Sign Up Sheet** for the practitioner slots and classes, please put your first and last name.
- Please complete the **liability waiver**. We need these completed prior to arrival, you are welcomed to email them anytime to [greaterthanperformanceandrehab@gmail.com](mailto:greaterthanperformanceandrehab@gmail.com)
- **PARTNER SPONSOR:** Cale of Tesoro Baking Co will be bringing a batch of her custom-made cookies! She is on Instagram as: [@tesorobakingco](https://www.instagram.com/tesorobakingco)



@greaterthanperformanceandrehab

[www.GreaterThanPerformanceAndRehab.com](http://www.GreaterThanPerformanceAndRehab.com)

Personal Training  
Massage Therapy  
Chiropractic Care  
Physical Therapy  
Strength Training  
Group Fitness  
Infrared Sauna

\*Memberships Available\*



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