



# MSforward

Mind. Muscle. Movement.

## PROGRAMS

At MSforward, we believe individual wellness is best achieved collaboratively. We have developed post-therapy, in-gym strength and 'live' Tele-Fitness wellness programs to do just that.



### GROUP CLASSES

GROUP CLASSES ARE DESIGNED TO BE AN IN-PERSON STRENGTH AND RESISTANCE TRAINING EXPERIENCE. EACH CLASS IS LED BY AN EXPERIENCED AND CERTIFIED INSTRUCTOR.

Class schedule:  
Monday- 9am, 10am, 11am, 5:15pm, 6:30pm  
Tuesday-10am, 11am  
Wednesday- 9am, 10am, 11am  
Thursday- 10am, 11am, 5:15pm, 6:30pm  
Friday-9am, 10am, 11am



### MYOFASCIAL RELEASE

THE GOAL OF MYOFASCIAL RELEASE IS TO ALLOW YOUR BODY TO MOVE THROUGH A RANGE OF MOTION BY ELIMINATING RESTRICTIONS IN THE FASCIA.

Myofascial release is the softening of the fascia, which surrounds all body systems. The therapist will apply gentle sustained pressure to areas of the body that feel stiff or inelastic.



### REALM

REALM IS A COMPREHENSIVE DAY PROGRAM THAT INCLUDES EXERCISE CLASSES, SUPPORT GROUPS, AND CLASSES LEAD BY BOARD CERTIFIED OT DOCTORS. THIS PROGRAM IS DESIGNED TO PROVIDE OVERALL LIFESTYLE SUPPORT.

Schedule:  
Monday- 2-4pm  
Tuesdays- 1-3pm, 3-5pm  
Thursdays- 2-4pm  
Friday- 1-3pm, 3-5pm

