

Spring into Summer with our June Special!

Whether you are looking for help with aches and pains, gain flexibility, rehab from surgery, lose weight, or improve strength, we have an individualized program to meet your needs.

June Special
Power Package - 8 sessions
for \$280 (\$35/session)
2sessions/week for 4 weeks

Call
Julie's Mind Body Fitness
today to book your session
with Julie or Jen!
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