

PERSONAL TRAINING + STRENGTH AND CONDITIONING



INNOVATIVE PROGRAMS
TAILORED TO YOUR
FITNESS GOALS

TCOmn.com



TWIN CITIES
ORTHOPEDICS

PROGRAM OVERVIEW



Initial assessment to determine current fitness level



Customized training plan for your individual fitness goals



Individual one-on-one sessions with industry experts



Small group classes open to all ages and fitness levels

PROGRAM INCLUDES

- Full-Body Strengthening
- Improve Flexibility
- Weight Training
- Education on Proper Form
- Weight Loss
- Wellness Maintenance
- Performance Optimization
- Small Group Fitness
- Full-Body Toning
- Resistance Training

FOR PRICING, LOCATIONS, & QUESTIONS

SpecialtyPrograms@TCOmn.com

FOR MORE INFORMATION

TCOmn.com/SportsPerformance