



PROPELACTIVE
HEALTH AND LIFESTYLE

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1440 Graham's Lane, Unit #2,
Burlington, ON, L7S 1W3



Have a nagging injury? PROPEL offers "Condition-Specific Group Exercise Classes" that were designed by experts, based on research, and are specific to each condition.

- Low back pain
- Neck and shoulder pain
- Hip and knee pain
- Lumbar stenosis
- Mobility & stability for seniors
- Mobility & stability for runners
- Pregnancy & post pregnancy rehabilitation & conditioning



2 FREE CLASSES

Coupon may not be used with any other discounts
Only 1 coupon per person valid.

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