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FOR HEALTHY LIVING
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Pro-PT

Professional Physical Therapy Services

Mary Beth Jenkins, a physical therapist and owner of Pro-PT in Asheboro will be providing injury and prevention screens for YMCA members on a weekly basis. Please feel free to ask any questions about aches and pains, exercise programs specific to injury, or programs that may prevent injuries common in specific sports.

There will be a sign-up sheet for those interested in a designated time for screening. Mary Beth will also be present in the fitness area and will address questions as needed. Please ask the front desk or fitness staff if you have any questions or need assistance with sign-up.

Designated times will be posted on a monthly basis.

Monday, July 31

10am-12pm

Wednesday, Aug 5

3pm-5pm

Tuesday, Aug 20

5pm-7pm

Thursday, Aug 29

12pm-2pm