



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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.

Thursday, Jan 3

5pm-7pm

Wednesday, Jan 9

10am-12pm

Tuesday, Jan 15

3pm-5pm

Thursday, Jan 24

8am-10am