



Functional Fitness

- A fun and safe workout for all abilities.
- Classes coached by physical therapists
- Small class size (10 or less)
- Lots of modifications for every ability
- Beginners welcome!

Monday - Friday 10:30am

Monday - Thursday 5:00pm

Saturday 9:00am

**1666 Route 12
Gales Ferry**

Call/text (860) 941-9496
Email: info@goatpt.com

Memberships

2x/week - \$155/mo
3x/week - \$175/mo
Unlimited - \$199/mo

