

FLEXIBILITY AND STRENGTH FOR A HEALTHY SPINE

Flexibility & Strength for a Healthy Spine is a 6 week program that will educate you on the link between a healthy spine and strong core.

The program will lead you through a progression of exercises to help you achieve increased flexibility and strength with the ultimate goal of preventing back pain.



Dr. Paul and Dr. Jim would like to welcome Jeanine Robotti, Physical Therapist as a "guest instructor" that offers a wealth of knowledge and experience on
SPINAL HEALTH

Jeanine Robotti, Physical Therapist
Thursday July 18, 25, August 1, 8, 15, 22
4-5 pm

Studio 2-Universal Athletic Club
\$120 for 6-1 hour sessions
Class Size Limited to 10
Wear workout clothing to Class!

**Call Siegenthaler Chiropractic Center to Register
at 717-569-6099 or stop by our office located on
first floor inside Universal Athletic Club**





Jeanine Robotti received a BS degree in physical therapy from Ithaca College and is a Stott certified Pilates instructor who has been teaching Pilates for over 18 years. She also completed the Stott Pilates 'Injury and Special Populations' program and is a certified Yamuna Body Rolling practitioner. This combination of training with her degree in physical therapy, has allowed her to fulfill the dream of working with private clients and post-rehab patients. With her attention to detail and passion for healthy living, Jeanine has incorporated the principles of Pilates with Physical Therapy to create an environment for safe, focused and progressive core work.

