

SPORTS THERAPY

Do you have any of the following symptoms or conditions?

- Whiplash
- Postural Problems
- Headaches
- Tennis Elbow
- Back/Neck Pain
- Prolapsed Disc.
- Sciatica
- Over Training Pains
- Joint Problems
- Pain & Stiffness

All treatment plans will decrease pain, accelerate healing time and increase joint mobility.

If you do suffer from any of the above complaints, then contact Dream Clubs to see how we can improve your health today!

Treatment prices start from £25 and include rehabilitation programme.

Discounts available on block courses!

Email: sportstherapy@dreamclubs.co.uk

Personal Training



A personal trainer will not just help you to achieve your goals, you will achieve them much faster and burn more calories when at rest. You will receive; motivation, support, encouragement and FREE expert advice on nutrition and lifestyle changes to improve your health.

For more information please email: personaltraining@dreamclubs.co.uk or download a price list from the Sports Therapy page on the website.



GET FIT, TONE UP, LOSE WEIGHT, MAKE NEW FRIENDS

Aerobics, Body Conditioning Circuit Training, Boxing and Salsa

at

Egerton Park Arts College - Denton
The Wells Centre - Clayton

*Open the door to a
new beginning...*

For more information or to reserve a place contact: **07922 371 468**
www.dreamclubs.co.uk or **Email: info@dreamclubs.co.uk**

