



PRECISION

PHYSICAL THERAPY & FITNESS

**Precision Fitness:
Strength without pain**
Designed by Doctors of Physical Therapy

(831) 464-8200

www.prefitpt.com

It's not fitness, it's your life.

Your journey to wellness begins at Precision Physical Therapy & Fitness.

With classes designed by Doctors of Physical Therapy, our team of experts will work with you to help you reach your fitness goals. That's our specialty. Whether you're a fitness beginner or fanatic, Precision will develop a plan to work with your unique body. Our therapists and fitness experts are here to motivate and educate so you can achieve your goals. Our mission is to strengthen our community, one person at a time.

Precision Mechanics 1 & 2

Mechanics is a mat-based class that focuses on core activation and spine stabilization. Allow us to help you facilitate normal movement patterns that realign your joints and reactivate your infrequently used muscles so you feel stronger and move easier.

Precision Cross Training

Challenge yourself to a better body all while improving posture, control and alignment! Come prepared to sweat during this interval training class designed for those who are comfortable with high impact activities like sprinting and jumping.

Fit For Life

This 60 minute class was designed specifically for individuals age 50+. Improve strength, flexibility and responsiveness all while improving control, balance and coordination and burning calories.

Precision Sports Performance

Hit harder, run faster, throw further. See measurable results and decrease your risk of injury on the field. Weekend warriors, college or professional athletes will see objective, measurable results due to training unlike any other training offered in Santa Cruz County.

Upper Extremity Performance

Return-to-sport training after shoulder, elbow, wrist, or hand injury. Work with our experts to develop proper mechanics and strength to support throwing, shooting, swimming and more.

Lower Extremity Performance

Essential for athletes of all ages and levels that want to return-to-sport after a hip, knee, ankle or foot injury. Experience proper lower extremity alignment, mobility, stability and strength for running, jumping and agility sports of all kinds.

