



SAWFA WORKSHOP
Saturday 7th March 2020
1 Breezy Ridge, Kidd's Beach Eastern Cape



Programme:

10h00

Physiotherapist Dana Tilney

ITB Syndrome;

“Strengthening and Stretching ”

“Cycling is very repetitive...the smallest amount of misalignment, whether anatomic or equipment related, can lead to dysfunction, impaired performance, and pain.”

11h00

Pool Session

“Aquabike”

SAWFA Members R80.00
Non Members R120.00

RSVP: 082 654 8403 or
valkiddsbeach@gmail.com