

BACK ON TRACK PHYSIOTHERAPY

380 Hunt Club Road,
Suite 107
Ottawa, ON
K1V 1C1
613-521-5215

Personal Training
hours are currently
being offered:

Monday 11-6pm

Tuesday 12- 8pm

Wednesday 10-4pm

Thursday 12-8pm

Friday 10-4 pm

However Holly's
schedule is flexible on
a per client basis.

KINESIOLOGY / PERSONAL TRAINING PROGRAM!

Back on Track offers the services of registered kinesiologist and personal trainer Holly Fumerton, Bsc.Kin Registered Kin.

The registered kinesiologist / personal training program include:

- Fitness assessments and recommendations
- Postural, flexibility, and muscle balance assessments
- Personal training sessions that address cardiovascular conditioning, strength/ weight training, and core strengthening
- Weight loss and nutritional information
- Stretching programs to improve flexibility and range of motion
- Work with physiotherapist to obtain rehabilitation goals
- Programs for older adults that focus on the prevention and management of osteoporosis, as well as balance control and fall prevention
- Motivation in pursuit of new health and fitness goals

TO BOOK A CONSULTATION AND FITNESS ASSESSMENT

CALL 613-521-5215 AND GET STARTED ON THE RIGHT TRACK!



Initial assessment \$30.00

Fitness, postural, flexibility,
nutrition

Kinesiology/ Personal Training

\$35.00/ session

Package deals:

6 Sessions \$185 (save \$55)

10 Sessions \$285 (save \$115)

20 Sessions \$530 (save \$270)

Group (2-3 people)

\$45/ session

6 sessions for \$200 (save \$72)

Add HST to all listed prices above!

STAFF PROFILE- REGISTERED KINESIOLOGIST HOLLY FUMERTON, BSC.R.KIN

Holly completed her Honors Bachelor of Kinesiology degree the University of Windsor in 2010. Has a current CPR certification. Holly began her career in Carleton Place working as a physiotherapy assistant doing rehabilitation and teaching aqua fit. She focuses to regain strength, posture and balance. She is an avid athlete and horse back rides, plays basketball and baseball all year round. She is passionate about fitness and helping motivate people to reach their health goals!

Join her in reaching yours!

Back on Track
PHYSIOTHERAPY & SPORTS INJURY

specializing in the treatment of active people