

# Beyond Fitness®

## Therapeutic and Rehabilitation Fun Fitness Specialists



### - Rebounding

The magic of Rebounding effects every cell of the body, positively, like no other exercise. NASA research in the 70's found rebounding to be the "closest thing to the fountain of youth."



### - Children's Fitness Programs

Fall 2011 starts our exciting Bounce Before Books Fitness Assemblies Tours for schools and colleges. Athletic Trainings. All kinds of Parties, Events, Block Parties. Healthy fun for all.



*Joanne Schmalenberger and Kyle Sheppard's unique combined experience brings effective fitness programs to you.*

### - Beyond Fitness Bound We Come To You

Bringing your business, gym, wellness center, college or school over 32-years of exciting lectures, fitness assemblies, events, master classes, fund raisers, certifications, kids parties and much more.

### - Body Work That Works

A mix of Lomi-Lomi and Thai massage, Reike, Feldenkrais, energy healing, small ball therapy and more combines a winning match of muscle release. Joanne introduced this technique to the New England Patriot's.



### - Advanced Personalized Fitness

Totally for you – 32-years of unique trainings, reflect the one-on-one sessions you receive. Designed with your life style in mind.

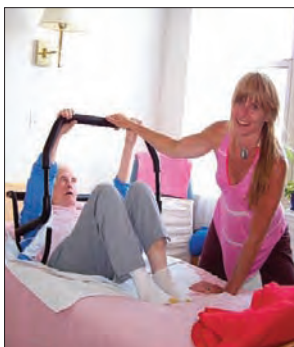


### - Slengthening Technique

Joanne created this modality from her many "outside-the-box" trainings and fitness experiences. Slengthening tricks the brain while relaxing the nervous system to maximize length and strength without strain.

### - Therapeutic Exercise Rehabilitation

Working with the elderly, has been a specialty of Joanne's for over 30-years. Her combined knowledge and gentle, loving approach has gotten stroke victims to walk again and keeping them moving with joy.



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### - 30+ Years Experience

Joanne and Kyle, together, offer a gentle, yet powerful, approach to balance each person or group's bodies to get the best performance, while preventing injuries and teaching unique skill tools to excel.

*- It's A Pleasure Doing Fitness With You*