



# LOCAL FREE ALIGN METHOD™ CLASSES

**ALIGN** THERAPY  
MOVEMENT IS MEDICINE

Do you want to move freely, expressively and pain free for the rest of your life?

Functional movement “should” be the foundation of our training if we expect our bodies to continue progressing into old age. We always need to ask ourselves this one question “What am I training for?” Aaron Alexander, with over a decade of clinical experience as a licensed manual therapist, world class movement coach, personal trainer and founder of the Align Method™ will break down the fundamentals of functional movement and self-care techniques you will surely take with you for the rest of your life.

The way we move is an expression of who we are.



**FREE ENTRY INTO THE GYM FOR THE CLASS!**

**MAY 15<sup>TH</sup>, FRIDAY**

**6:30PM**

**MAX FITNESS, 61470 SOUTH HIGHWAY 97 #3, BEND, OR 97702**