

🌸☀️ Spring is here, and it's the perfect time to get outside and start moving!

Whether you're a seasoned athlete or just beginning to explore new ways to stay in shape, we're here to provide you with the support and expertise you need to achieve your goals. From injury prevention to performance enhancement, our team of experienced therapists is dedicated to helping you move better and feel better, so you can enjoy all the benefits that an active lifestyle has to offer. So, let's take advantage of this beautiful season and get moving together!



We are gearing up to help you have the best Spring that you can! Our April specials can help you reach your fitness goals.

Personal Training New Client Specials:

1 Eval + 1 follow up session = \$190 (Originally \$245 - Savings of \$55)
1 Eval + 3 Sessions = \$380 (Originally \$435 - Savings of \$55)
1st New client evaluation is Free with purchase of 6 or 12 session packages!

Injury Prevention Packages:

6 Session Injury Prevention Package: \$390
12 Session Injury Prevention Package: \$780

Massage Therapy Specials:

Ready to try something new? Get a FREE 50-minute introductory massage session with the purchase of a 6 or 12 pack of massage therapy sessions! Whether you're looking to relieve sore muscles, reduce stress, or just relax, our licensed massage therapists can help. [Book now and experience the healing power of touch!](#)

Recovery Room Special:

Looking to recover faster and perform better? Our Recovery Room specials can help. Buy our mix and match special for just \$200 and get \$20 off your next personal training or massage package! This special includes a 30-minute After G session, a 30-minute Normatec boot session, and a 45-minute infrared sauna session. With our Recovery Room, you'll have everything you need to get back in top form and feel your best.

Don't let the nice weather pass you by.

How can you sign up? That's easy: we have multiple ways to sign up:

- ✉ Email Tessa at tharmony@advancedkinetics.com to sign up for Sports Performance or Recovery Room sessions
- ✉ Email Nicole at nmaupin@advancedkinetics.com to sign up for your massage session!
- 📱 Sign up through the Mindbody App!
- 🌐 Head to our website at advancedkinetics.com/specials

From the AKPT blog



Spring is finally here, which means it's time to dust off your sports equipment and get outside for some fun in the sun. But before you hit the field or court, it's important to ensure that you're equipped with the knowledge and tools to prevent common sports injuries.

[Read More](#)



As a runner, you know that pounding the pavement day after day can take a toll on your body. Sore muscles, tightness, and even injuries can sideline your training and impact your performance. But what if we told you there was a way to improve both? Enter massage therapy – the secret weapon for runners looking to prevent injuries and take their running game to the next level. But before you hit the field or court, it's important to ensure that you're equipped with the knowledge and tools to prevent common sports injuries.

[Read More](#)

[Leave a Google Review for our Falls Church Location](#)

[Leave a Google Review for our McLean Location](#)

Continuing Education Course Schedule for 2023

Interested in online or in-person courses?
Check out what we have scheduled for 2023



Upcoming Continuing Education Courses

[Click here to see all of our upcoming
courses!](#)



Copyright © 2023 Advanced Kinetics. All rights reserved.
You're receiving this email because you're friend, family or current patient of Advanced
Kinetics. If you no longer want to receive emails, please [unsubscribe](#).

Our mailing address is:
Advanced Kinetics Physical Therapy and Sports Performance
510 W Annandale Road, Suite 202
Falls Church, VA 22046