

Therapy Solutions

TAKE YOUR LIFE BACK.

UNLOCK YOUR POTENTIAL

GET SCREENED AND BEGIN PERFORMING AT YOUR BEST



NEW THIS YEAR
Master Your Mind for Peak Performance

FEATURING:
Stronger Minds, Stronger Athletes -
Train your mind like your body by our licensed clinical social worker

**Stronger
Faster
Safer
SUMMER
2026**



SEVEN MOVEMENTS



CUSTOM PROGRAMS



TRACKABLE PROGRESS

\$299 per person

Functional Movement Program

8 Week Custom Training Series
2x per week

SPOTS ARE LIMITED

June 8th - July 29th

Session 1 (Grades 6th-8th):
M&W @ 8:00-8:55am

Session 2 (Grades 9th-12th):
M&W @ 4:00-4:55pm

To register, scan the QR code below
or call 701.483.1000

REGISTRATION DEADLINE: JUNE 2ND

**Includes a Therapy Solutions
FMS T-Shirt!**

WHAT YOU WILL GAIN:

- Baseline Assessment and Progress Assessments
- Increased Mobility, Stability, and Functional Movement
- Increased Sports Performance and Agility
- Reduced Injury Risk
- Education on Healthy Movement and Exercise
- 4 Mini Mental Health Workshops
- Education on Athlete's Mind and Body Connection

How you move matters!

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