

**DRT Dynamic Resilience Training®**  
**602 Garrison Street Suite 104**  
**Oceanside CA 92054**

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>	<b>Sundays</b>
6:00 AM	6:00 AM	6:00 AM	6:00 AM	-----	-----	-----
7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM
8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM
9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM
10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM
11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM
Noon	Noon	Noon	Noon	Noon	Noon	Noon
1:00 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM	-----	-----
2:00 PM	2:00 PM	2:00 PM	2:00 PM	2:00 PM	-----	-----
3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	-----	-----
4:00 PM	4:00 PM	4:00 PM	4:00 PM	4:00 PM	-----	-----
5:30 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM	-----	-----
6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM	-----	-----
7:30 PM	7:30 PM	7:30 PM	7:30 PM	7:30 PM	-----	-----

**Choose From The Above Appointment Time Slots Unless That Time Is Filled. (If Filled, Then You Can Waitlist And Pick Another Time In The Meantime.)**

**To Schedule, Call/Text Patrick at 760-529-6493. Or email him at redmountainwellness@gmail.com.**

**Single-Session-Payment: \$80 Per Single Session.**

**8-Session-Prepayment (valid for 2 months): \$480.**

**NOTE: 24-Hour Cancellation Notice Required Or Full Fee Charge**

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**Our standard DRT work produces exceptional results over time and is performed in 50-minute sessions once, twice, or three times per week.**

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# Special Programs

Our Special Offerings (100-minute, 150-minute, Golf Major, Tennis Grand Slam, Baseball Extra Innings, and Body Makeover) allow us to safely accomplish powerful changes more quickly. Examples of who attends Our Special Offerings and/or reasons to do so include:

- a) Pre-Surgery Preparation: Your Surgeon will love how well-prepared your body will be for your surgery. That is critical for you to have your best surgery.
- b) Post-Surgery Rehabilitation: Once your Surgeon clears you for exercise, then we can work together to get you fully rehabilitated as soon as possible. This may be after completing your allotted Physical Therapy Sessions or concurrent with your Physical Therapy as decided by you and your medical team.
- c) Professional Athlete and/or Competitive Athlete: You win more competitions when your body and mind do what you've trained them to do while managing any existing injuries and preventing new injuries. Your body needs a longer shelf life with less down time. You must continue increasing your proprioceptive awareness, neuromuscular control, muscle strength (eccentric, concentric, and isometric), joint stability (static and dynamic), healthy range of motion, and much more. You need a great-feeling back with excellent pelvic/spinal balance and strong and healthy head/neck/shoulders. You are only as strong as your weakest link - so work with Patrick and DRT and make sure all your body links are as strong and healthy as possible.
- d) SlimBounding® (in a 100-minute session, you can perform SlimBounding and DRT). Please read all about SlimBounding® on our website. It is an exceptionally fun and effective cardiovascular training program on personal trampolines. It strengthens, sculpts, and tones virtually all of your muscles.
- e) DRT Instructor Training. Learn to professionally train your own clients using DRT Dynamic Resilience Training®.
- f) Improve Understanding Of Complicated Exercises. Like having a clinic or workshop where you get 100% of the attention to learn as much as you want about whichever exercises are challenging you (or are intriguing you).
- g) Exponentially Increase Results. Sometime more is better. More time can produce more results.

**SPECIAL PROGRAM FEES AND OFFERINGS ON NEXT PAGE**

# **Special Programs**

**72-Hour Cancellation Notice Required Or Full Fee Credit Held On Account For 90 Days**

**Extended Length Session of 100 Minutes = \$150 prepaid.**

**Extended Length Session of 150 Minutes = \$200 prepaid.**

## **\*GOLF MAJOR\***

**Four 150-Minute Sessions in one four-day period of Thursday, Friday, Saturday, and Sunday = \$750 prepaid for four days.**

## **\*TENNIS GRAND SLAM\***

**Four 150-Minute Sessions in any one four-day period = \$750 prepaid for four days.**

## **\*BASEBALL EXTRA INNINGS\***

**Four 150-Minute Sessions in any one four-day period = \$750 prepaid for four days.**

## **\*BODY MAKEOVER\***

**One 50-Minute Session per day for 30 consecutive days.  
Start whenever you like. \$2,000 prepaid for 30 days.**