

DRT DYNAMIC RESILIENCE TRAINING®

1019 Highway 17 South Suite 120

North Myrtle Beach SC 29582

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM	
		7:00 AM		7:00 AM	7:00 AM	
		8:00 AM		8:00 AM	8:00 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	
11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	
Noon	Noon	Noon	Noon	Noon	Noon	
1:00 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM	-----	
2:30 PM	2:30 PM	2:30 PM	2:30 PM	2:30 PM	-----	
3:30 PM	3:30 PM	3:30 PM	3:30 PM	3:30 PM	-----	
4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 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.**

\$60 Per 50-minute Session.

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

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

Special Programs

Our Special Offerings (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) DRT Instructor Training. Learn to professionally train your own clients using DRT Dynamic Resilience Training®.
- e) 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).
- f) GOLF MAJOR: Attend 4 consecutive days (ThFSatSun) of 50-minute sessions.
- g) TENNIS GRAND SLAM: Attend 4 consecutive days of 50-minute sessions.
- h) BODY MAKEOVER: Attend 30 consecutive days of 50-minute sessions.