

health &  
wellness

at the  
Sabes JCC



# Functional Movement Screening

*Get screened • Correct your movement pattern • Move better*

**SESSIONS:** 6-7 PM

Session 1: Mondays • Sept. 17 – Nov. 12 (no class 10/29)

**COST:** \$120 (\$20/session) Member Value Price;  
\$144 (\$26/session)

## SINGLE FMS SCREENING BY APPOINTMENT

\$55 for one (1) session

Includes screening assessment and scoring to identify limitations in movement along with suggested exercises to target improvement in mobility, stability and strength.

## WHAT IS THE FUNCTIONAL MOVEMENT SCREEN (FMS)?

The FMS is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries. These are issues that can reduce the effects of functional training and physical conditioning and distort body awareness.

The FMS generates the Functional Movement Screen Score, which is used to target problems and track progress. This scoring system is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns. The trainer then monitors the FMS score to track progress and identify exercises that will be most effective to restore proper movement and build strength in each individual.

- Identify dysfunctions and correct them with basic movement pattern practices.
- Guided exercises target key areas and learn how to improve mobility, stability, & strength.
- Stretching & foam rolling brochures and instructional guidelines provided.
- Reassessments midway and upon completion of the program to track progress efficiently.

For questions please contact Jena Radant at [jradant@sabesjcc.org](mailto:jradant@sabesjcc.org) or 952-381-3418.

To schedule a session, please contact Josh Waxdahl at [jwaxdahl@sabesjcc.org](mailto:jwaxdahl@sabesjcc.org).

[sabesjcc.org](http://sabesjcc.org)



sabes jcc  
minneapolis