



FLUID MOTION



Chris Ross

Certified Muscle Activation
Technique Master
Owner, Snap Fitness

Solutions For An Active, Pain-Free Lifestyle

- BS Exercise and Wellness (MSU)
- BS Health Enhancement for Education (MSU)
- Owner Snap Fitness Bozeman
- Certified Muscle Activation Technique Master Level
- Egoscue Method Postural Alignment Specialist
- Titleist Performance Institute Golf Biomechanical Specialist and Fitness Instructor
- Former Consultant For MSU Bobcat Womens' Golf Team
- Kinesiology and Anatomy Instructor at
- 17 Years Experience

MUSCULAR SYSTEM SPECIALISTS

At Fluid Motion, we create safe and effective exercise experiences based on your needs. Chris Ross has the tools and experience to strategically alter all of the variables of exercise to create a customized exercise experience for all ages and ability levels.

BENEFITS OF MAT

- Promotes joint stability
- Balances the muscular system
- Prompts efficient neuro-muscular contraction
- Activates inhibited muscles
- Increases strength
- Enhances coordination
- Improves flexibility
- Lowers risk of injury

