



## Two Stepping Under the Stars - Virtual Auction

San Juan Capistrano Equestrian Coalition



### One Month Membership to Movement Recovery



Starting Bid **\$120.00**

Retail Value \$300.00

1 Available

Donated by **Movement Recovery**

Movement Recovery has donated one month all elements membership including HIIT Classes, Cold Plunge, Infrared Sauna, and Compression. Movement Recovery utilizes the 4 elements: Heat, Cold, Air and Movement in one location. Movement recovery promotes restoration physiologically and psychologically in adults. Our facilities use the most cutting edge proven equipment and technology to offer a comprehensive suite of those elements to our members. It's about training for life and staying healthy, and we've created a space for your mind and body to do both. Located in Ladera Ranch.