

Absolutely
Free

PERSONAL TRAINING CLINICS

January 2012

Stability Ball Core

©Wednesdays @ 8:30am

©Wednesdays @ 12:45pm

The Stability Ball is an awesome tool for working your "CORE" because it works multiple muscles at one time while forcing your body to balance itself. So, if you haven't already gotten on the ball, it's time to give it a try!

Learn **FIVE** new core exercises for your fitness routine. Each one focuses on the muscles of the core and is modifiable for the beginner to the advanced.

Speedbag Basics

©Tuesdays @ 6:30pm

©Fridays @ 9:00am

Adding the **speedbag** into your regular fitness routine has many **benefits**:

- ⦿ hand-eye coordination
- ⦿ Increasing muscular endurance in shoulders, arms and wrists
- ⦿ Improve cardiovascular endurance

Learn from **Mike** the basics of **controlling** the speedbag so that with **purposeful** practice you will be able to reap the benefits.

Register at the Front Desk