

***INTRODUCTION TO
CORE TRAINING CLINIC
TUESDAY, MAY 12th
7:00-8:15pm
ONLY \$30 !***

**Get ready for competition! Run faster! Prevent injury! Increase endurance!
Look and feel great!**

This clinic will introduce you to the benefits of core training. **Excellent for runners, triathletes, cyclists, high school/college competitors, general fitness, and ANY OTHER SPORT!!**

Class includes:

- 1 Strength training with a deep focus on the core.
- 1 1 Plyometrics to improve speed.
- 1 Flexibility training to prevent injury and increase range of motion.
- 1 1 Specifically designed to enhance your performance and correct muscular imbalances that can cause injury.
- 1 Learn proper form and technique of core training exercises.
- 1 1 Each participant will receive a sample core training plan that they can follow all year round to enhance their fitness goals.

Join this class and take your training to a new level!!

All fitness levels welcome! Instructed by ISSA Certified Fitness Trainer and Runner, Amanda Tripodi. 10 years fitness training experience.

**Location: Next Level Fitness Studio (off Arthur Kill Road)
85 Industrial Loop, Bay 3
Staten Island NY 10309
718-873-7931**

www.nxtlevelnow.com

**Cost:
\$30**

\$27 for SIAC members

Reserve your space now! Space is limited. Call Amanda Tripodi @ 718-873-7931 to reserve your space or email atripfc@aol.com
