

PEAK SEASON
CORE TRAINING
4 WEEK PROGRAMS

JUNE and JULY 2009
TUESDAYS @ 7:00PM
OR
THURSDAYS @ 6:45PM

Get ready for competition! Improve your performance with strength and core training that will help you **RUN FASTER, PREVENT INJURY, INCREASE ENDURANCE, LOSE WEIGHT!** This class will work your entire body and is especially good for runners, triathletes, cyclists and all other sports. Includes light strength training, combination exercises to increase endurance, a focus on the lower body and core, plyometrics to improve speed, and flexibility training to prevent injury and increase range of motion. All exercises are specifically designed to enhance your performance and correct any muscular imbalances that can cause injury. This workout will fuse basic strength exercises with bootcamp and yoga influences. Time efficient and challenging!

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

All fitness levels welcome! **Excellent for general fitness and weight control as well!** Instructed by Certified Fitness Trainer and Runner, Amanda Tripodi. 10 years Fitness Training Experience.

4 Week Programs (beginning in JUNE and JULY)

Start date: Tuesdays June 2nd and July 7th or Thursdays June 4th and July 2nd. 50 minute class.

Location: Next Level Fitness Studio

85 Industrial Loop, Bay 3, Staten Island NY 10309 Directions: Arthur Kill Road, turn into Industrial Loop.

Next Level will be on your right approx 1/8 mile in. Next to Bella Cucina Kitchens. P- 718-873-7931

www.nxtlevelnow.com

Cost: \$55 for 4 week program, \$50 for SIAC members, Single class \$15

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