



FOR YOUTH DEVELOPMENT  
**FOR HEALTHY LIVING**  
FOR SOCIAL RESPONSIBILITY

8/11

## CORE CONDITIONING

### What is it?

This class introduces individuals to core training. This class will improve body alignment, balance and increase muscular strength and endurance.

### Who is it for?

These classes are for all fitness levels and individuals who want to improve and strengthen their core muscles (abdominal and lower back).

### What do I wear?

Wear athletic shoes and comfortable clothes that allow you to move freely – shorts, T-shirt, sweatpants, etc.

### Where should I go on the first day of class?

Come to the front desk and tell them you are here for Core Conditioning, and they will direct you to the Aerobic Studio or Gym (depends on YMCA location).

### How do I register?

This is a free program for members only. See our current Group Exercise Schedule for class days and times or call 436-9622.

### Other information?

Contact:	West Side Center	436-9533
	Downtown Center	436-9552
	Broadview Center	436-9541
	East Side Center	436-1230

#### YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Membership For All** helps to ensure that everyone belongs at the YMCA, regardless of income level. For information, contact the YMCA at 436-9622.