



## Core Building Fitness Class with Dr. AJ Gagliardi DC, ART

**When:** Monday's...January 23 – February 27, at 6:30p.m

**Where:** sound*RUNNER* Branford, 1088 Main St.

**Cost:** \$7 or \$35 dollars for all 6 classes

**What to Bring:** Yoga Mat (we have some loaners and some to purchase) and a weight between 3-8 pounds

For questions and to sign up contact sound*RUNNER* at 203-483-8222 or go to [FACEBOOK](#), sound*RUNNER*.

Space is limited so sign up now!

There are multiple “cores” in the body. The one core that all the others work off of is the abdominal core. I will be using scientifically based exercises to focus on the strength, stability, and mobility of the abdominal and hip musculature. Unlike most core workouts that put a lot of pressure through the lower back, (i.e. – crunches and sit-ups) increasing your likelihood for back problems, my core class exercises are designed to strengthen the back and abdominal core. The end of every session will also include working on proper diaphragmatic breathing. This will lead to a direct increase in stamina due to the increased oxygen availability to your muscles. Our goal for this class is to teach your body how to become a more efficient and enduring through any athletic endeavor you choose. With more efficiency and endurance come better performance, and more importantly less injury. Each class is approximately 50 minutes to an hour.

Monday, January 16, 2012