



## GOT CORE?

The Y will offer a new class, **HARDCORE**, that will focus on Core Training. The class will run every Tuesday and Thursday from 5:50 a.m. until 6:35 a.m.

“What are the benefits of core strength training to the athlete?”

- Greater efficiency of movement
- Improved body control and balance
- Increased power output from both the core musculature and peripheral muscles such as the shoulders, arms and legs
- Reduced risk of injury (the core muscles act as shock absorbers for jumps and rebounds etc.)
- Improved balance and stability
- Improved athletic performance!”\*

\*From <http://www.sport-fitness-advisor.com/core-strength-training.html>, accessed August 16, 2011, 9:01 a.m.