



# Balance and Core Technique Workshops

August 1  
8:00 and 10:00 a.m., Studio 2

Assess your core strength and ability to balance effectively. The workshop will assess core and hip stability, teach effective balance and single-leg movement, promote musculoskeletal symmetry, and train core activation techniques and progressions from simple to complex core exercises.

Core and balance strategies can be modified to accommodate a wide spectrum of people, including older populations for balance improvement, post-natal mothers for core stability, and athletes for neuromuscular symmetry.

Members: \$45; non-members: \$55

For more information or to register, contact  
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