

FITNESS, FUNCTION & PERFORMANCE CONDITIONING

CORE FOR ADULTS

Core-dinated' Conditioning Classes

Finally, a workout full of movements that matter!

Core for Adults, focuses on alignment, balance, core-dinated strength and flexibility. The progressive enhancement of these factors will result in improved fitness, function and performance, in addition to limiting the potential risk of injury.

Core for Adults sessions address not only the prehabilitation of the healthy adult, but the injured as well—rehabilitating them so that injuries do not reoccur.

In conjunction with The Foundation for Integrated Health Practitioner Team, a functional assessment by Pam Pedlow, and the Team will be made to ascertain your 'risk' for injury. A full profile will be provided, with strategies for injury prevention or rehabilitation.

