



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BALANCE FOR LIFE!

Advanced Balance Clinic with Rebecca



STARTING THURSDAY, JUNE 11TH | 8:15-9:15 A.M. FOR 4 WEEKS

This new four (4) week program focuses on emphasizing dynamic stability. In each small group personal training session, you will train your body to maintain control while moving through complex, real-life scenarios.

Meet Your Trainer:



Rebecca has been an ACE Certified Trainer for over 9 years here at our YMCA and also spends time as a Y Group Exercise Instructor, teaching FUNctional Friday and Strength Train Together classes. Her energy and motivation will help you achieve your goals!

WHAT WE'LL FOCUS ON:

Single Leg Balance (unilateral): You put one foot in front of the other every day. Learn to go beyond that split second of single-leg balance.

Rotation Strength and Coordination: The muscles of your core are responsible for spinal stability, but they also work together to rotate the trunk.

Narrow Base of Support: Just like a building, a wide base of support is stable. Learn to balance with the base of support being narrow.

Balance on a Compliant Surface: Sometimes the ground is uneven, slippery, or squishy. Be ready for every surface you encounter.

Asymmetrical Loaded Training: Life is not symmetrical. So, why would you train that way? Teach your body to handle an uneven load.

Core Strength: Your core is so much more than doing abdominal curls. Learning to control all four sides is integral to good balance.

Y Members: \$120.00

You will learn that good balance is more than the ability to stand on one leg!

REGISTER AT MEMBER SERVICES OR ONLINE TODAY!

Cumberland Cape Atlantic YMCA

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