



CORE CONNECTION class

A one-time, 90 minute class where you will learn the anatomy of the core, and have a chance to see what imagery, positions and movements facilitate your transverse abdominis. Learn how gentle and subtle core timing and sequencing is in functional tasks, and connect it to your fitness or rehabilitation practice.

Fee: \$38/person (including a detailed class manual) **Fax to: 360.752.0271**
Instructor: One of the trained Core PT staff
Call 360.752.CORE for scheduling of classes

Who should attend? Individuals who:

- Want to understand what core muscles are;
- Want to understand if they can contract them appropriately and functionally according to the latest research;
- Have neck, back or pelvic floor challenges;
- Have been pregnant or given birth by any method;
- Have ever had back, abdominal or pelvic surgery or;
- Have stress or urge incontinence;
- Fitness, movement and health care practitioners who work with clients with the above issues;
- Want to improve their athletic performance, abdominal tone or postural alignment;
- Want to complement their work with their medical “dream team” with extracurricular study of their core muscles.

Name: _____
Last First Middle

Mailing Address: _____
Street/PO Box Suite #

City State Zipcode

Phone: (____) _____ Email Address: _____

Payment Method: Credit Card Type + No. _____ / _____ / _____ / _____

Exp date: _____ / _____ VIN No. _____ Zip code for billing address: _____

Class will be limited to 6 individuals to ensure that each of you receives adequate attention!

Your credit or debit card payment will secure your space in the class.

Signature

Date