

REEBOK CORE TRAINING

Yeh!! The Reebok Core Boards are here!! Be ready to get in shape for the summer with these great functional training classes that the RAC will be offering this spring!

What is Reebok Core Training?

- A time efficient total body workout that is different from anything else you've seen or experienced.
- A strong core can enhance one's posture and prepare one for life's unexpected twists and turns.

What is the Reebok Core Board?

- The first-ever exercise board offering three-dimensional motion that tilts, twists, torques and recoils with the body's movements.
- The Reebok Core Board's unique three dimensional action challenges users to work harder, use more strength and "fire" their inner core muscles to stabilize
- Experts at Reebok University and the American College of Sports Medicine developed it

Who uses the Reebok Core Board?

- It's adjustable making it appropriate for any level, from beginners to elite athletes
- Julie Foudy, co-captain of the Women's U.S. National Soccer Team, uses it in her athletic training;
The NFL's Mike Barrow, NY Giants and Matt Hasselbeck, Seattle Seahawks

Key Benefits:

- Builds strength, increases flexibility, and improves balance

What programs will the RAC offer?

- During the month of April a few FREE Core Board Open House classes will be offered to introduce the new programs:

Mon. April 21st 12-1pm

Thurs. April 24th 10am-11am

Tues. April 29th 7-8pm

Sign-ups are required for the classes, the 16 boards will be shared between attendees for the open house classes

- In May, 8-week Specialty Classes will be offered at various times, class types include: Core Sports Conditioning, Core Yoga, Core Pilates, and Core Training Camp