

Introduction to Stability Balls and Stretch Bands for Riders

Stability ball training effectively targets the body core's stability and exercises both upper and lower body. It is a great way to strengthen riding/posture muscles, and to develop proprioceptive capabilities. Stretch bands can be used to strengthen all muscles groups. They are designed for high repetitions, low resistance exercises, and work on both eccentric and concentric contractions of the muscles. This introductory class will focus on low-impact exercises, suitable for all levels.



- ***Please wear comfortable clothing and come prepared to participate.***
- ***Bring your stability ball. If you need to borrow a stability ball, contact the instructor ASAP as she has a limited number of balls available for the class.***
- ***The instructor will provide stretch bands.***

TIME: Wednesday, April 7, 7:00-8:00 pm

PLACE: Greenhawk Store, Brentwood Bay

PRICE: \$10

SPEAKER: Corinne Dibert, Personal Trainer

Corinne has been involved in the fitness/sports industry for almost twenty years. As a coach and competitor, her experience spans many athletic activities. As a personal trainer, she draws on this experience to provide comprehensive exercise programs and motivation, as well as a focus on goals setting and nutritional awareness. She thrives on helping others reach their fitness goals regardless of their age groups. Corinne is particularly interested in sport conditioning and core/posture work.

*Corinne can be contacted by email at alefafitness@gmail.com or by phone at **250-888-4500***