

# CORE STRETCH

is designed to complement your hard days  
teaching, coaching or training on snow.

First class THURSDAY January 8 at  
4:15 pm at Blackcomb Kids



Improve posture & body mechanics.  
Release tensed body parts targeted in skiing.  
Strengthen core functions inhibited in skiing & re-  
balance coordination.

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**By Exercise Physiologist & Kinesiologist Majorie Lauzon, CSIA 4 - CSCF 2**



A 60 minutes class comprising a short dynamic warm up to free up joint and limb range of motion, a 25+ min core strength component using callisthenic exercises, and 25+ minutes of non-static stretching segment helping muscle recovery and long term injury prevention.

[Sign up on RTP now!](#)

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