

PELVIC FLOOR AND CORE



INFORMATION

This series will work on strengthening the pelvic floor and core muscles. Learn breathing techniques to improve awareness and control of the pelvic floor. Most of the exercises will be on the mat. Education will be provided on the function and importance of the pelvic floor and core during the classes. Mats will be available for use, but feel free to bring your own

8 week course
Date TBD

INSTRUCTOR

This class is taught by certified Senior Fitness Instructors with oversight by a Registered Kinesiologist through Stonebridge Community Services

**REGISTRATION
REQUIRED**

**MEMBER
\$32**

**NON-
MEMBER
\$48**

This course
is not
eligible for
the free trial

Date TBD