

CorMaximus

www.cormaximus.com

and

TwistSport Conditioning

www.twistburlington.com

Present:

Core Power and Athletic Strength

-From weekend **fitness enthusiasts** to focused **athletes** and **coaches** from all sports -
Learn how to reduce your risk of injury and improve your performance by increasing your strength, balance and agility.

More information: www.cormaximus.com/twist

Instruction by: **David Blais** NSCA-CPT, TSCC GOLD

Saturday February 25, 2012

West Ferris Gymnasium

9:30 a.m. Registration

10:00 a.m. Athletic Strength

12:00 p.m. Break

1:00 p.m. Core Power

Cost: \$65.00 per session or \$110 for both (+HST)

Space is limited!

Pre-Register at

Cor Maximus

1501 Seymour St.

476-8888



CanFit Pro - One CE credit, ACE - 0.2 CE credit