

Core Strength and Flexibility Class

Taught by: **Ericka Domalakes**

This class will focus on abdominal, back and entire leg strength. We will focus on core stability, along with strengthening a lot of the forgotten about muscle groups. Strengthening these muscle groups can help with jumping, tumbling, stunting, and also the common complaints of lower back and knee pain. Another important aspect of this class will be the stretching section. This stretching portion will be helpful to all levels of flexibility, from the “can’t-reach-my-toes” to the insanely flexible. This flexibility is obvious very important to all flyers, but don’t forget that even bases and backspots need this flexibility for improved jumping and tumbling!

****5 week Class beginning April 26th**

****Monday 7-7:45 pm and Wednesday 6-6:45pm**

****10 classes for \$95.00**

Beneficial for ALL TIGER SQUAD MEMBERS and
even TIGER PARENTS!

Please fill out segment below and return to Tigers to sign up:

Participant's Name: _____ Age: _____

Address: _____ Zip Code: _____

Home Phone: _____ Cell phone: _____

Email: _____