



SPOTLIGHT CLASS OF THE MONTH: 30 MINUTE ABS

New Session Begins October 20th!

There's more to having strong abs than just looks! In just 30 minutes you can strengthen your entire core, improving not only how you look but how you perform and feel!

Here are six good reasons to improve your abs:

1. A smaller waist – Strong abs will tighten your abdomen and you can actually trim a good inch or more from your waist size without losing any weight.
2. The end of back pain – If you have weak abdominal muscles you end up with an imbalance of your core muscles which places increasing stress on the gluteal and hamstring muscles. Your spine becomes unstable and the result is back pain. In fact the majority of all back pain is caused by a weak abdominal wall.
3. Stronger joints – Your core abdominal muscles stabilize your whole body, particularly when exercising or playing sports. This takes extra pressure off your joints, keeping them pain free.
4. More power in everything – Having powerful abdominals results in more overall power when it comes to just about any sporting situation. This is especially true in sports where throwing or swinging is involved. Strong abs will add yards to your golf drive or get that softball over the fence.
5. No more hernias – The number one cause of hernias is a weak abdominal wall. In fact over half a million men will have to have hernia surgery this year. This can be easily avoided by strengthening your abs now.
6. Greater endurance and power – Having a set of strong abs will allow you to run farther and faster than you ever have. By stabilizing your core while running your entire body works more efficiently, saving your strength for the final sprint to the finish line.

For more information or to register stop by 1245 W. Newton Rd 419-354-6223 or visit www.bgohio.org/parks-and-recreation

Monday	October 20-December 8	7:40 PM – 8:10 PM	\$20 PH/\$28 NPH
Thursday	October 23-December 11	7:40 PM – 8:10 PM	\$17.50 PH/24.50 NPH