

Saturday
November 14th
10:00 AM -12:00
Cost: \$30/person

Got Aches & Pains?

Attend Our Strength & Conditioning Class

Being offered to Adults and Young Adults

Location: Oulundsen's Taekwondo

<http://www.oulundsenstk.com>

When: Saturday, November 14th

Time: 10:00 to 12:00

Cost: \$30/person

Taught By:

Sean McDonald

NSCA-CPT, RKC

Certified personal trainer and certified Russian kettle bell instructor

Kate Battista

CSCS, NSCA-CPT

Certified strength and conditioning specialist, certified personal trainer

Are you physically active?

Martial Arts, Cycling (Road or Mountain Biking), Running, Soccer, Tennis, Baseball/Softball, Hockey, Lacrosse, etc...

Almost anyone who exercises on a regular basis will develop an ache, pain or sports injury at some time or another. It's a common misconception that it's part of getting older.

Increase your performance in Sports or Working Out. Target your weaknesses, Improve Strength, Balance, Increase Muscular Endurance, and Flexibility (Learn to Stretch Properly) and most of all stay Injury Free.

**Learn the difference between Dynamic Stretching and Static Stretching, and the importance of both. Also learn to create your own workout routine.

Conditioning and Strength training have been suggested for all athletes to improve performance, but seem particularly helpful for slowing the age-related decline in athletic speed.

