



Hard Core – Tips to strengthen your abdominal and back muscles

Do you sit at a desk all day? Do you have a sore back? Do you play hockey or golf? Come out and learn how strengthening your core area muscles can help to improve your posture and your game.

Join personal trainer, Marty Shumka of Advantage Conditioning as he demonstrates a series of simple strengthening activities that you can do at home or at the gym. Wear comfortable clothing and footwear to join in the exercises, or just come out to watch.

The session will be held on Friday, November 21, 2008 from 12:10-12:50 p.m. in the Carol Shields Auditorium, 2nd floor at the Millennium Library. Admission is FREE and registration is NOT required.

For more information, contact Winnipeg ***in motion*** at 940-3648 or visit winnipeginmotion.ca.



When: Friday, Nov 21, 2008
12:10 pm to 12:50 pm

Where: Millennium Library
Carol Shields Auditorium

