

**POP-UP**

# **CORE STABILITY**

**WITH PAULA**

**MONDAY, DECEMBER 17 AT 6:30PM**

**The CORE, is not just the 6-pack abs, it's SO MUCH MORE THAN THAT!**

Your trunk (shoulders to hips) is the medium through which force is transferred from the ground, through the legs to the upper body. Think of a tennis player who is quick to the ball, but cannot control momentum, and then has difficulty returning the ball.

Core strength enables the athlete to decelerate, and transfer forces through the core to the upper body to properly strike the ball. You're only as strong as the weakest link!

Learn how to activate your core before every workout and match.



# **FOAM ROLLING**

**WITH PAULA**

**TUESDAY, DECEMBER 18 AT 8:30AM**

**Why is it important to Foam Roll?**

Think of your cold muscles like a brand new stick of clay. Bending the clay before it's massaged and warmed up will only cause the stick to break, right?! We use the foam roller (or racquet balls, tennis balls, or lacrosse balls) to align muscle fibers and make the muscles pliable before they are used for exercise. Learn how to select the right tool for the job and how to navigate through the process of foam rolling.

**30-MIN POP-UP CLASSES ARE FREE  
ALL LEVELS ARE WELCOME!**