

# University Sports Medicine

*A program of*

**URMC Orthopaedics  
and Rehabilitation**

## Group Core Conditioning Class

University Sports Medicine is now offering a group core conditioning class. This program is not only for patients who have completed our Active Spine Program, but also for anyone who wants to improve their core stability. The classes will focus on blending aerobic activity with specific core stability exercises.

### **WHO SHOULD PARTICIPATE?**

Anyone who would like to improve their core stability and aerobic capacity should attend. Studies have shown that these specific exercises can prevent re-occurrences of low back pain.

### **WHAT TYPES OF EXERCISES CAN YOU EXPECT TO PERFORM?**

In this class you will learn specific core exercises that help to stabilize your spine. We will also challenge you by adding short bouts of aerobic activity to your routine and teaching you how to advance your program as you improve your levels of fitness.

### **WHERE ARE THE CLASSES BEING TAUGHT?**

The classes will be taught at University Sports Medicine in Clinton Crossings—4901 Lac de Ville Blvd. in Brighton. Please come prepared to exercise with shorts and sneakers. The class will take approximately one hour.

### **WHEN ARE THE CLASSES OFFERED?**

Level ONE classes start at 7:00 am every Tuesday and Thursday. Level TWO classes start at 7:00 am every Monday and Wednesday. Start your day off with a great workout and learn valuable exercises that can keep your spine and low back healthy for life.

### **HOW MUCH DOES THE CLASS COST?**

The class costs \$15 per person, per class.

Call (585) 341-9150 for more information or to register for one of our Group Core Conditioning Classes.

[www.ortho.urmc.edu](http://www.ortho.urmc.edu)



UNIVERSITY of  
**ROCHESTER**  
MEDICAL CENTER

MEDICINE of THE HIGHEST ORDER