

Group Spine Injury Prevention Exercise Classes

The Group Spine Injury Prevention Exercise Classes are right for anyone who wants to improve or maintain their spine health—including those who have completed our Active Spine Program. The classes are taught by a spine specialist, physical therapist and certified athletic trainer, and each class focuses on blending aerobic activity with specific core stability exercises.

WHO SHOULD PARTICIPATE?

Anyone who would like to improve core stability and aerobic capacity should attend. You will learn specific core exercises that help to stabilize your spine. We also will challenge you by adding short bouts of aerobic activity to your routine, and teaching you how to advance your program as you improve your level of fitness.

WHERE ARE THE CLASSES BEING TAUGHT?

Classes are held at our Brighton, Penfield and Greece Sports and Spine Rehabilitation Offices:

- BRIGHTON: Clinton Crossings: 4901 Lac de Ville Boulevard, Building D, Suite 110
- PENFIELD: 2064 Fairport Nine Mile Point Road, Suite 100
- GREECE: 10 South Pointe Landing, Suite 100

WHEN ARE THE CLASSES OFFERED?

- BRIGHTON: Level One: Thursday, 7:00 - 8:00 a.m.
Level Two: Monday & Wednesday, 7:00-8:00 a.m.
- PENFIELD: Tuesday, 7:00 - 8:00 a.m.
- GREECE: Level One: Wednesday, 7:00 - 8:00 a.m. & Thursday, 6:15 - 7:15 p.m. (*new class time*)

HOW MUCH DOES IT COST?

All classes are \$15.00 per person, per class.

FOR MORE INFORMATION AND TO SIGN-UP FOR A CLASS

Please call one of our Sports and Spine Rehabilitation facilities:

- BRIGHTON: (585) 341-9150
- PENFIELD: (585) 851-0700
- GREECE: (585) 225-6296