



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Posture and Core Class

The Active Living Center at the Andover/North Andover YMCA

Has your posture 'declined' since your younger days?

We are here to help straighten you out!

Improving your posture can help protect your spine, improve bone density, and even help with weight management!

During our Posture and Core Class we will:

- Discuss what proper posture actually is and looks like.
- Assess your current posture
- Demonstrate (and give you a cheat sheet of) several posture and core exercises as well as stretches that you can perform at the Y or at home!

WHEN: March - April
Tuesdays at 11:00am

COST: FREE for YMCA Members

CONTACT: To register please contact Paul Discipio at pdiscipio@mvyymca.org



This is a small group, single session class. Individuals may only register for one (1) day of this class during the 8 weeks it is offered.