



Foundation Training is a series of exercises designed to anchor the pelvis and decompress the spine in order to restore optimal posture and movement patterns. These exercises are designed to strengthen efficient biomechanics, enhance performance, and increase awareness to improper movement patterns that can ultimately cause degeneration and pain.

FOUNDATION TRAINING

8 week series begins February 28th

Thursdays 1:15 - 2:00

Group Fitness Room B at the APJCC Los Gatos

\$200 for 8 weeks series (\$25/class)

- **Learn the 20 primary Foundation Training exercises**
- **Improve your posture and performance**
- **Discover how you can relieve chronic pain symptoms**
- **Discover the dysfunctional habits that keep you in pain**
- **Learn proper diaphragmatic breathing techniques**
- **Increase functional strength & mobility**

To find out more about Foundation Training visit my website at www.alignedfit.com or go to www.foundationtraining.com.

REGISTRATION CONTACT INFORMATION

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