



## THE GYM Introduces an Innovative and Effective NEW Work Out: **The Core Method**

The Core Method integrates the fat burning format of interval training, muscle shaping techniques of isometrics, the elongating principles of dance conditioning and stretching, and the science of physical therapy to create a workout that quickly and safely reshapes your entire body.

This innovative method shapes and stretches every major muscle group, while burning fat, decompressing vertebral disks, and stretching lower back and waist muscles. The result of the Core Method is a noticeably visible change in body shape; muscles look longer and more defined, while the body becomes leaner. Likewise, posture becomes more aligned, because all exercises are non-impact and gentle on the joints.

The Core Method invites guests to train in small class settings where they will be given personal attention for encouragement and correction by a fitness professional. The method provides a wide array of exercises in thigh work, seat work and abdominal work.

Using a stationary bar and your own body weight, you can work on strengthening your muscles and improving your balance while you stretch and lengthen. A combination that proves quite effective- changes in your body can happen in weeks. Core Method can change your life, body and mind; as committed you are to the method determines your end results.



For class schedules, please visit:

<http://www.gettothegym.com/armonk/images/Fee%20Based%20Winter%202010.pdf>

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