



FOR IMMEDIATE RELEASE

Fit To Be Tried: Core Fitness Center Introduces Three Innovative New Training Programs For Youths And Adults

Core Fitness Center is introducing three training programs, each of which promises to help members achieve their personal fitness goals.

For golfers starting in February, Core will once again offer their sports-specific conditioning program designed to increase strength, flexibility and stamina on the links. Golfers who took part in the program last year reported faster club head speeds in excess of 10 m.p.h., increases in driver distance exceeding 25 yards, and the ability to play 36 holes without the usual fatigue.

In March, Core will introduce its new Athena™ program, a strength and toning system developed especially for women who want to reach and maintain a higher level of fitness and well-being. Since space will be limited, women who are interested are urged to contact Core and reserve their spot as soon as possible.

For kids aged 10 to 14 years old, Core's youth strength and conditioning programs will be available in both general and sport-specific tracks. The general program is an introduction to a more structured fitness regimen that encourages a healthier lifestyle, promotes self-discipline and self-esteem, and is the perfect supplement their current physical education classes and sports programs.

The sports-specific track has been created for those youngsters who would like to focus on a single sport such as football, soccer, hockey, baseball or field hockey.

All programs have been developed under the direction of Brian McDonough, Core's Director of Training, who works with professional athletes from the Boston Bruins and New England Patriots. "These new conditioning programs will motivate you and bring you to an entirely new level of health, appearance and personal performance", says McDonough. "There's nothing else like it anywhere in New England."

Core Fitness Centers are located in East Greenwich RI, Franklin MA and Walpole MA. For more information, contact jepstein@corefitness.us