



**TRIGGERPOINT
PERFORMANCE**

SMRT-CORE™

8 Hour Course | Approved CECs

LOCATION: 14 Wing Greenwood Fitness & Sports Centre
PO BOX 5000 STN MAIN
Greenwood, NS. B0P 1N0

PRESENTER: A Twist Sport Conditioning Master Coach

DATE: June 21st, 2014

TIME: 0900 – 1700hrs (8 hours)

COST: \$299 + tax



REGISTRATION DEADLINE:
May 21st, 2014

SMRT-CORE™ combines self-myofascial release techniques (self-massage), core stabilization and functional strength in one training format using the GRID® foam roller. SMRT-CORE™ can be used to create a variety of recovery and training programs for all levels of clients in personal training, small group or group fitness settings. This unique approach addresses myofascial lines, myofascial slings and specific movement patterns to create structural integrity and improve biomechanical function.

What you'll learn:

- Why SMRT-CORE™ programming is applicable to fitness and performance
- Understand contraindications and safety when utilizing self myofascial release techniques with the GRID®
- Recognize improvements in tissue pliability and response through balance, range of motion and postural tests
- Design and lead SMRT-CORE™ workouts in a variety of settings for clients with various levels of fitness



- A Grid (or any foam roller) is required. If you own one, please bring it with you.

- GRIDs can also be purchased at the time of registration. TOTAL COST: \$344 (includes course registration, Trigger Point GRID & shipping)

FOR MORE INFORMATION & REGISTRATION:

ERIC PLANTE | Fitness Coordinator | 902-765-1494 x 5022 | eric.plante@forces.gc.ca

JENA MACLEOD | Physical Exercise Specialist | 902-765-1494 x 5651 | jena.macleod@forces.gc.ca

FOR ONLINE REGISTRATION: www.cfcommunitygateway.com) click on [Greenwood](#) then click on [Trigger Point](#)

BROUGHT TO YOU

