

# Crunch Time

## It's All About the *CORE*

### Crunch Time

Crunch Time is a creative core class that incorporates the use of stability balls, medicine balls, and more. Create that flat/toned belly you always wanted with this 30 minute abdominal class. Exercises are targeted to strengthen your core area and lower back muscles. All fitness levels are welcome to attend this exciting new class at the Gregory Health & Wellness Center.



### *Description of Crunch Time*

- **Classes are based on creative core exercises.**
- **The exercises will work various muscle groups including the abdominals, internal & external oblique, lower back and more.**
- **New exercises will be will be incorporated into each class.**
- **Various workout routines will be incorporated into a monthly calendar for participants.**
- **Individuals of all fitness levels are welcome!**
- **This class incorporates the use of stability balls, medicine balls, and more.**