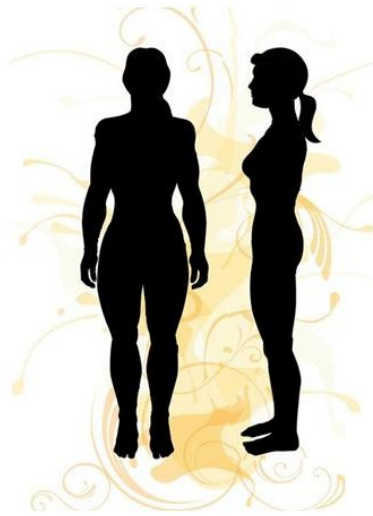


DISCOVER YOUR POSTURAL CORE!



Spine
Health &
UNLOADED
Back and
Abs Training

NEW SHŪBA TRAINING SCHEDULE

TUESDAYS

SHŪBA For Beginners

St. Brigid Parish Hall 9:00-10:00 am
4735 Cass Street, San Diego
Suggested Donation: \$10

SHŪBA A*

The SHUBA Studio 9:00-10:00 am
114 North Rios Avenue, Solana Beach
Suggested Donation: \$10

SHŪBA B*

The SHUBA Studio 10:30-11:30 am
114 North Rios Avenue, Solana Beach
Suggested Donation: \$10

Stay Strong, Walk Tall (SDCCD)

N Clairemont Rec Center 12:30-2:00 pm
4421 Bannock Avenue, Clairemont
Sponsored by SDCCD

THURSDAYS

SHŪBA B*

St. Brigid Parish Hall 8:45-9:45 am
4735 Cass Street, San Diego
Suggested Donation: \$10

SHŪBA C*

The SHUBA Studio 10:30-11:30 am
114 North Rios Avenue, Solana Beach
Suggested Donation: \$10

*SHŪBA Class

will alternate *Training Focus*
each week between the following:

Aligned Stretch Training (AST)

Postural Core Training (PCT)

Abs, Hips & Pelvis UNLOADED

Aligned Movement Training (AMT)



Marcia Tassinari, MPT, Physical Therapist
Posture Biomechanics Foundation, President
Tassinari Physical Therapy, Owner





Spine
Health &
UNLOADED
Back and
Abs Training

SHŪBA TRAINING FOCUS DESCRIPTION

Aligned Stretch Training (AST)

Specific Instruction: Dynamic Alignment, Movement Technique and Training

Training Focus: Realignment Routine, Supine Lengtheners and Presses
Hip and Pelvis Stretches, Postural Core Lengtheners and Presses

Postural Core Training (PCT)

Specific Instruction: Dynamic Prone Alignment, Technique and Training Progression

Training Focus: Postural Core: Lengtheners, Presses, Level 1 and 2 Training

Abs UNLOADED with Hip & Pelvis Strength Training

Specific Instruction: Dynamic Alignment, Movement Technique and Training

Training Focus: Deep Abs and Core Training, Hip and Pelvis Strength Training

Aligned Movement Training (AMT)

Specific Instruction: Dynamic Standing and Seated Alignment, Hinge Movement

Training Focus: How to Move, Where to Bend, Dynamic Balance Training, Aligned Walking

SHŪBA For Beginners

Specific Instruction: The 5-Step Hold in Standing, Supine and Prone

Training Focus: Dynamic Standing Alignment, Realignment Routine, Postural Core Intro

Stay Strong, Walk Tall (SDCCD)

Alternating **Training Focus** each week*

***See Calendar at www.PBFoundation.org**



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