

Abs Class : A great way to improve Posture and Confidence



PINNACLE SENIOR CENTER OF FORT BEND COUNTY



Members at The Pinnacle Senior Center working out in the Abs Class

The abs class is one of the many programs we offer for members at the Pinnacle Senior Center of Fort Bend County, TX. The class features cardio along with a variety of abdominal and core exercises performed in a group setting and to the rhythm of energetic and upbeat music. One of the unique things about this class is that it includes people of different fitness levels with consideration of the participant's varying fitness abilities. There are some of the class members who have difficulty doing the traditional floor exercises offered as part of this class. As an alternative, there is a modified version of each exercise performed while sitting in a chair. The class, offered since the center's opening in 2014, focuses on proper form and good posture while performing the routines. The effects of good abdominal strength on posture are numerous and beneficial. Strong and balanced abdominal muscles help to maintain good posture, promote efficiency of movement, and enhance one's appearance. The class meets on Mondays from 1:00 –2:00 pm. Membership is free for Fort Bend County and City of Houston residents.

For more information contact 832-471-2765.