



4th Quarter October to December 2012

Woodbury
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Roseville
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Pilates classes being offered at the Roseville CORE are:

October

Beginner class

Saturdays, 10/13, 10/20 10 -11 a.m.

Intermediate class

Thursdays, 10/4, 10/11, 10/18 6-7 p.m.

November

Beginner class

Saturdays, 11/3, 11/10, 11/17 10 -11 a.m.

Intermediate class

Thursdays, 11/8, 11/15 6-7 p.m.

December

Beginner class

Saturdays, 12/1, 12/8 10 -11 a.m.

Intermediate class

Thursdays, 12/6, 12/13, 12/20 6-7 p.m.

Staff Picks

Activity of the Month: Raking Leaves

Raking is either a chore or awesome full body exercise depending on how you look at it. However, raking leaves only comes around once a year, so enjoy it! This is a full body exercise that includes strengthening all major muscle groups, increasing your heart rate, and the possibility to burn up to 225 calories in 30 minutes. Raking leaves can specifically strengthen your triceps, trapezius (neck, shoulders and back), your biceps, your rhomboids (upper back), your lats (mid-back) and your forearm flexors.

A few tips to make this a little easier on your body:

1. Alternate arms. Spend some time with your right hand on top of the rake and your left on the bottom. Then switch.
2. Complete the task over days.
3. Pile leaves in small batches.
4. Stretch
5. Use gloves or buy a rake with foam or cushioned handles.
6. Use a sweeping motion instead of a raking motion, this motion is more efficient.

CORE Zone Quote of the Quarter:

"I always thought a yard was three feet, then I started mowing the lawn."

- C.E. Cowman

Ergonomic options of rakes:

There are many different types of rakes that a person can get to fit their needs. Ergonomic options include a bent handle to allow a person a more upright stance and better posture when raking. Certain rakes have adjustable heights to better fit one's body. Aluminum rakes and other lightweight options can also be found on the market as well. Finally, use a rake with a wide base in order to cover as much ground as one is comfortably able.



Exercise of the Quarter:

Tricep Kickback with Dumbbells

Step 1 — Starting Position: Hold a dumbbell in your left hand. Kneel over bench with right knee. Support body with right arm. Brace your abdominal and core muscles to stabilize the spine. Pull your shoulder blades down and back. Your head should be aligned with your spine. Maintain these engagements throughout the exercise.

Step 2: Bend your left elbow bringing your left upper arm parallel to, and close to, your torso. Your forearm should hang vertical to the floor.

Step 3: Upward Phase: Exhale and slowly straighten your elbow. Your upper arm should remain stationary next to your torso. Do not allow the upper arm to rise during the movement. Do not allow the low back to sag or your torso to rotate.

Step 4: Downward Phase: Inhale and slowly bend your elbow, returning your arm to starting position. Do not allow your torso to change position. Keep your upper arm parallel and close to your torso.

Step 5: Switch Arms.



Coming Soon — Edina CORE location to open in January 2013. Please contact your CORE Coordinator if you are interested in transferring locations or have any questions at all. We are very excited to open our fourth CORE.

Sincerely, Janessa & Mary C., **651.631.4249**

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