

# Core Class

Kaiser Fremont Physical Therapy Department  
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Your Physical Therapist may recommend this class if you will benefit from core strengthening exercises. This class is one hour long. The exercises are chosen to work on core strengthening of the entire body. This class can be taken up to four times. It is offered on Tuesday mornings and Thursday afternoons.

## FREQUENTLY ASKED QUESTIONS

- **How often will I have to come to the class?**  
This is a one-time class, but you may come up to 4 times
- **Do I need to bring a yoga mat?**  
No, we will provide one for you
- **What do I wear?**  
Wear something comfortable as you will be exercising in this class
- **Can I eat before the class?**  
Preferably not, but a light snack should be okay
- **Should I expect my pain to get better or worse in the class?**  
We progress slowly and according to your tolerance. If your pain gets worse, we can eliminate that particular exercise and you can join in the next one