



# Tom Tanglos

## Personal Training Sessions & Core Strengthening Classes

### 2 Classes per week

- **Mon: 12:00 - 1:00PM**
- **Sat: 11:00AM - Noon**

### Class Prices:

**5 Class card -  
\$100**  
**10 Class card - \$190**  
**Drop in - \$25**

**Phone : 410-924-  
4066**

### Core Strengthening Classes

In this Core conditioning class, Tom will bring awareness to just where “The Core” muscles reside in your body. Through Core muscle awareness and conditioning you will enjoy a leaner midline and firmer, more fit thighs with a more stable lower back!

With a very strong working knowledge of body mechanics, Tom carefully teaches a small class of students with enthusiasm. Although the focus will be toning that area from the belly-button to the mid thigh, you will experience a challenging total body workout using Swiss balls, bands and floor exercises.

### PERSONAL TRAINING SESSIONS

Tom Tanglos has been a personal trainer for over 20 yrs. Tom assesses each individual very carefully in the initial evaluation. The client’s strengths and weakness, imbalances and personal goals for fitness and/or rehabilitation are all uniquely combined for a fantastic personal training session each visit.

With years of experience working in various therapeutic fields, and extensive travel for educational and career purposes, Tom is very well educated and diverse in his approach toward each client. In this manner the client’s needs are personally addressed and goals are met. Postural correction is enhanced with each session and naturally provides precautionary measures both during exercise and afterwards. As the Inventor of the **Biocusion™**, an exercise product for orthopedic exercise, Tom has worked extensively with clients suffering from both orthopedic and neurological conditions.



**To schedule an appointment please call: 410-924-4066**