

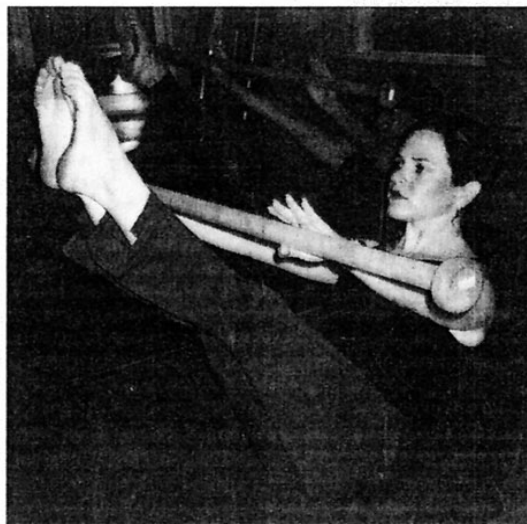
# Beauty, Health & Fitness

## Momentum Fitness Center: First on island to offer BalleCore

By Lieschen Montaner  
Special to the Section

**F**or the first time in Puerto Rico, Momentum Fitness offers the new and exciting workout BalleCore. The classes are taught by Lieschen Montaner, first and only BalleCore certified instructor in Puerto Rico also certified in Allegro, Studio and Mat Pilates by Polestar Education.

BalleCore is a revolutionary program that seamlessly integrates the leading exercise regimes Pilates, Hatha Yoga and Ballet in a workout that is designed to be accessible, fun and effective for all ages, fitness levels and exercise background. The BalleCore workout is choreographed and focused on developing abdominal strength, full body control, greater flexibility and combined power of body and mind. The 50-minute workout includes invigorating mat-work and standing work with the use of a BalleCore Barre, a free-standing rock maple four-foot bar. This routine ultimately improves balance and symmetry in the body.



### Benefits of BalleCore Body Shaping

- Increases energy, strength and flexibility
- Improves posture and balance
- Trims inches from the waist, hips and thighs
- Reshapes and elongates the body
- Minimizes stress on joints
- Gracefully gains a new ease in the body
- Optimizes mind/body health

#### Key features of BalleCore

- No experience in Pilates, yoga or ballet is required.
- BalleCore is a great workout for the fitness enthusiast and professional dancer seeking a challenging routine that combines Eastern and Western disciplines. Yet it is still very accessible to the novice fitness student.
- Unlike other fitness programs, BalleCore appeals to all

ages — teens through the 70s — and all fitness levels.

- Physicians recommend BalleCore to improve balance and full body control without oversteering the body.
- Health specialists encourage BalleCore participation to reduce stress and enhance stamina, in addition to promoting strength and balance for all ages.

*Momentum Fitness Center is located at F-01 Marginal Vil-lamar St. in Isla Verde. Call them at 787-726-6050 or 787-726-6070.*

*Lieschen Montaner is vice president and general manager of Momentum Fitness Center.*