

New Class

Balance/Strength

This class is designed to help participants to become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving reaction time. This class is suitable for all fitness levels. A chair may be used for balance and support.

Starting Tuesday, January 7th
10:35-11:05am

&

Wednesday, January 8th
9:30-10am

(activity center/blue room)

fees:

\$2 per class

or

part of monthly easy does it

