

Feel FREE

To Try
It First!!

BALANCE EXERCISE
FOR
FALL PREVENTION

Instructor

Lynne Bennett



Help Prevent Falls By:

- * Improving Your Balance
- * Strengthening Your Lower Body
- * Increasing Your Body's Range of Motion
- * Improving Your Posture and Body Stability
- * Increasing Your Core Strength and Awareness

Mondays & Wednesdays

9 – 10am

January 2 - 30 (No Class 1/21)	\$40R/\$45NR
February 4 – 27 (No Class 2/18)	\$35R/\$39NR
March 4 – 27	\$40R/\$45NR
April 1 – 29	\$45R/\$50NR
May 1 - 29	\$45R/\$50NR