



Strength and Balance classes

Starts January 7, 2019

Monday and Wednesday 10:15-11:00am

Adam's Park Multi-Purpose Room (formerly YMCA)

28751 Cole Grade Road, Valley Center

This class will improve your muscle strength, endurance, and balance to help prevent falls. Using small hand weights, 2-3 pounds each to start, you will work all the major muscle groups. Many of the exercises are done in a chair or standing behind the chair as needed depending on your level. Classes are coed and all ages welcome.

Cost: Prepaid by the month \$5. Per class or \$7. Walk-in.

Silver Sneakers and Silver and Fit supplemental health insurance benefit is accepted.

Call the instructor Renee, certified Posture and Mobility Specialist, for more information and to register; 760-751-8949.

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