

BEYOND BALANCE

LEARN HOW TO IMPROVE YOUR BALANCE BY BUILDING STRENGTH IN STABILIZER AND SUPPORTING MUSCLES. EXERCISES WILL BE STANDING AND ON A MAT.

BENEFITS OF BALANCE EXERCISES:

- REVERSES AGE-RELATED LOSS OF BALANCE
- IMPROVES PROPRICEPTION AND COORDINATION
- RELIEVES TENSION AND PROMOTES RELAXATION THROUGH PROMOTING MINDFULNESS
 - BUILDS BETTER POSTURE
 - ALLOWS FASTER RECOVERY FROM INJURY
- IMPROVES MEMORY, CONCENTRATION, AND COGNITION
 - CAN MAXIMIZE YOUR WORKOUT TIME
 - IMPROVES YOUR RUNNING TECHNIQUE
 - INCREASES YOUR MUSCULAR POWER

CLASSES BEGIN FIRST WEEK OF FEBRUARY

WEDNESDAYS 8:45-9:15 AM