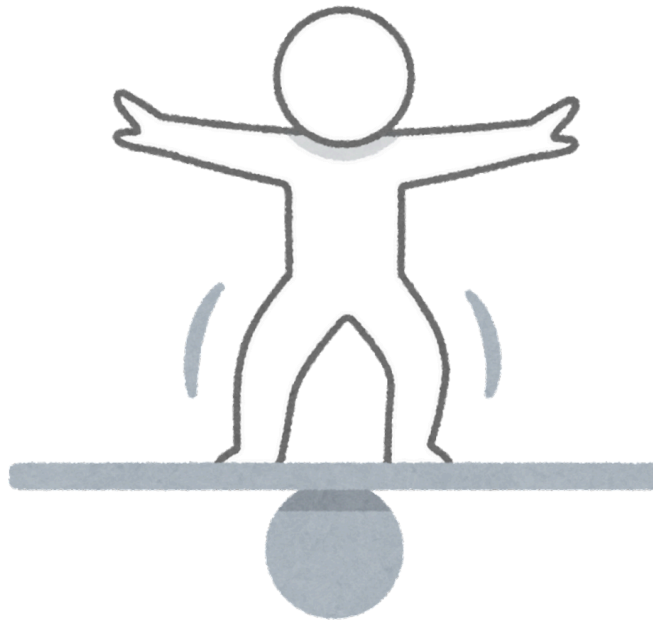


BALANCE WORKSHOP

By Dr. Adam Gist, PT



What we will cover:

- Static/dynamic Exercises
- Vestibular Exercises



May 17, 2025



10:00 AM

Cost of class is \$5.
Limited to 20 participants



The Studio at
In-Line Fitness
5628 Woodbine Rd.