

BALANCE & COORDINATION

Progressive balance & coordination training. Designed as a beginner class to help prevent falls. Wear loose clothing and comfortable non-slip footwear.

Instructed by: Rick Williamson

Tuesdays @ 1:00 pm
Sept 24 - Dec 3 (10 Classes)
NO Class October 8th

Cost:

Registration for full 10 week class:
\$60.00 Members \$80.00 Non Members
Drop in: \$10



**Call 55 Plus to
Register
204-467-2582**