



ME



Are you finding yourself off-balance lately? Join Balance ME today for increased stability. You'll train your body to adjust quicker, to balance longer and maintain a strong core. With on the floor exercises as well as the use of unstable tools, you'll master your balance quicker than you thought, and have FUN while doing it! Gain confidence at any age or ability!

COST: \$24 for a 4-week session
DROP-IN: \$7
TIME: Tu./Thurs. 8:10-8:40 a.m.

